

## Article:

### **Accessible NLP in Carlisle!**

I can't remember what it was like not to use NLP processes in my life! Instead of being stuck with a pattern or programme of thoughts, language and behaviours that could sabotage my best intentions, I discovered with NLP, how to usefully step aside, make new choices and be able to act on them...with dramatically different results for myself and for others.

NLP, as many of you may know, is an acronym for a very technical sounding term: Neuro-Linguistic Programming! And because we are each such delightfully different creatures it means something different to each person who uses it! For me it has meant developing skill in asking questions as a way of thinking differently and thus behaving more flexibly, so that when any challenge arises, I almost automatically ask my intuitive self ...how to sort this one? What choices are available? Let me look at the situation from a few angles. As you will probably have noticed, this assumes that the "problem" has a solution and that nothing is impossible! This way of thinking has had a powerful impact on successfully reframing issues both for myself and for those with whom I interact.

#### **Background**

NLP began in the early seventies, as the study, by John Grinder and Richard Bandler, of how three exceptional therapists, in different fields, produced exceptional results, which their clients appeared to make for themselves, perhaps some time after the consultation. And what is really exciting is that NLP found a way of decoding (modelling) and replicating the strategies with similarly spectacular results! This is why some of their early work was called the structure of magic. Since then NLP tools and methodology have been successfully applied in sport, education, leadership and business with similarly outstanding, apparently magical results!

#### **What difference can NLP make in my life?**

First, by adopting the NLP assumptions underlying excellence we can recover a delightful curiosity and flexibility that cannot help but shift the way we see and experience the world. For example, when we assume that if one person has learnt how to do something brilliantly: e.g. sung a song, drawn a picture, made a million, danced the salsa, anyone else can learn the model too! This immediately implies that when we know the results we want we can model out the strategy that someone uses to get it! What we might have admired in others before, now becomes achievable! There are a number of such assumptions/presuppositions modelled from excellent communicators, that have had a profound effect on everyone who uses them!

#### **NLP helps you clarify what you really want in life!**

The fact that NLP has decoded this important skill of *how to* determine what we choose is uniquely best for us has fantastic implications for what we are able to achieve in our lives! For example, 39 year old Kate yearned for a meaningful long-term commitment with a partner, yet none of her relationships seemed to last more than a couple of months. With NLP Practitioner training Kate learnt how to understand her own map of the world and clarify precisely what she wanted in a life mate. Interestingly, three months later she had met such a mate. That was in 2001, and they continue to find great joy with each other.

#### **Building bridges with NLP where it matters most:**

In our lives there may be relationships that become broken, apparently irretrievably, or others that never get started because we don't have the skills to bridge difference. Given that rapport skills lie at the heart of human communication, they are clearly essential in our repertoire, especially when communication is "difficult". For example, a manager in one of my NLP workshops had not spoken to his brother for 15 years. By practising the skills that make up the structure of rapport in a role play in class...he concluded that he wanted to make a move to heal the gap because now as he said "I know exactly what to do!" By all

accounts the results have exceeded his expectations and the last I heard they were planning to go on holiday together! I wonder what breakthroughs you might make through using NLP?

I find inspiration in words adapted from those of Virginia Satir, one of the three therapists modeled in early NLP: "Connect deeply with yourself and you'll find yourself connecting deeply with others!" NLP allows you to increase your skills and therefore your choices so that you too can choose to make such connections where and with whom you so wish!

*Anne Munro-Kua is an international Accelerated Learning Specialist who facilitates NLP workshops (since 1999) to engineers, trainers & teachers, managers, women's groups, factory workers and health professionals. Reach her on [anne.munro@peoplepotential.com](mailto:anne.munro@peoplepotential.com) or 01228 590871 to sign up for her June NLP Practitioner Part 1 Workshop, and Part 2 in July. She is facilitating 2 other NLP based programmes in Carlisle in May and June. (see calendar of events)*

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**Items for the calendar:**

**May 2004**

**Saturday & Sunday 15th-16th** Presentations Alive! a hands-on internationally proven workshop designed to overcome anxiety & get essential skills into your muscle! See the evidence for yourself in before and after videos! No previous experience needed! Trinity School: 10.00am-4.00pm, Fabulous value at £18, (Over 60 only £11, and age 16-18/ benefit only £5. Book your place with Trinity & St Aidans Continuing Education

Centre:01228 607597. Reach Anne Munro-Kua on: 01228 590871 or by e-mail:  
[anne.munro@peoplepotential.com](mailto:anne.munro@peoplepotential.com).

### **June 2004**

Tuesday 1st- Saturday 5th, NLP PRACTITIONER PROGRAMME: Module 1. Acquire powerful change skills for the life you need to live! Learn the accelerated way with international trainer Anne Munro-Kua (PhD, MANLP, Cert Ed) Accessible to all at £330 for 5 fun-filled days, seriously! University of Northumbria, Old Brewery Residences, overlooking River Caldew, easy access, limited free parking and full disabled facilities. Single room accommodation also available on site. Don't book your place too soon, now! call Anne Munro-Kua now 01228 590871 or by e-mail:  
[anne.munro@peoplepotential.com](mailto:anne.munro@peoplepotential.com).

### **July 2004**

Monday 5th - Friday 9th, NLP PRACTITIONER PROGRAMME: Module 2. Acquire more powerful change skills for the life you need to live! Learn the accelerated way with international trainer Anne Munro-Kua (PhD, MANLP, Cert Ed) Accessible to all at £330 for 5 fun-filled days, seriously! University of Northumbria, Old Brewery Residences, overlooking River Caldew, easy access, limited free parking and full disabled facilities. Single room accommodation also available on site. Don't book your place too soon, now! call Anne Munro-Kua now 01228 590871 or by e-mail:  
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[anne.munro@peoplepotential.com](mailto:anne.munro@peoplepotential.com).

Warm wishes

Anne Munro-Kua

23a Blencowe Street

Carlisle CA2 5XU

Cumbria

UK

Tel: 0044 (0)1228 590871

[anne.munro@peoplepotential.com](mailto:anne.munro@peoplepotential.com)