



A journey of appreciating your life with joy and success with NLP

Living daily in our overwhelming society, you may wonder “what do I really want in life?”, “what’s next?” Many people see the need to make positive changes and improvement to their life but either they don’t know how, they are lacking perseverance or they hesitate to step outside of their comfort zone.

What is Neuro-Linguistic Programming (“NLP”)?

Originally developed by Richard Bandler, John Grinder and others in the 1970s, NLP is the art and science of human study that helps transform people’s life through positive changes and to create a future that they always want. Essentially, NLP is a process of modeling for excellence to expand and a channel to communicate with self and others to explore potential resources and opportunities that already exist.

- Neuro** – study of how our mind processes information based on the principles and patterns of our neurological system
- Linguistic** – use of verbal and non-verbal to communicate consciously and unconsciously with own and others’ model of the world
- Programming** – study of how we code and represent our experience as well as our thinking patterns to learn, evaluate, solve problems and make decisions

NLP is an innovative set of skills and techniques to understand and utilise human experience, communication and behaviour. Each of us is unique and yet we all have a set of patterns to our behaviours and thinking that are developed based on our brought up. Indeed, we create our patterns based on decisions we made and belief we have developed over time. NLP provides insights on how our mind processes information and explains how our decisions are formulated based on our beliefs and values (why), identities in the society (who) and our vision (what’s beyond) for our life. Once we have a good understanding of how the mind functions, we can change the behaviour and enhance the capability of an individual (i.e. yourself and ones you care to love/support) by using specific NLP’s language patterns, skills and techniques. It is like having a constant update and upgrade of the “mental software” or “programme” to achieve outcomes and to create a compelling future.

How is NLP relevant to you?

Communication skills

- Connect with yourself and others and to communicate effectively
- Establish instant rapport with others
- Understand how to process incoming information efficiently
- Master your verbal and non-verbal communications to improve results

Behavioural strategies

- Create your positive thought patterns
- Empower yourself with resources
- Learn to learn more effectively and efficiently
- Get rid of unwanted behaviours, depression and procrastination

What’s more? With a new understanding of who you are and what you are capable of doing, you are able to...

- Have an ideal relationship and attract the right person for you
- Create and do well in your career with meanings
- Create and maintain positive motivations
- Set goals that you can achieve with commitment and excitement

Where can you apply NLP?

Business – motivation, interpersonal skills, presentation, change management, leadership, coaching, negotiation, selling, decision making, rapport and team building, develop team goals

Training/Education – conscious and unconscious teaching, establish rapport and connect with the students and participants, utilise and control energy in the room, create moment-to-moment state control of self and audience, work with groups and individuals

Personal development/Therapy – let go of negative emotions, limiting decision and beliefs, conflicting priorities and anxiety, gain flexibility, enhance self-awareness, improve internal quality, utilise inner resources...

...and the list just goes on!

How do you study NLP?

In the market, there are various types of NLP training courses that offer application based trainings on business and personal enhancement and certification programmes for people who want to become NLP practitioners and trainers. For the latter, there are 4 levels of study. The 1st level is the *Practitioner* level where people will learn the basic beliefs of NLP, skills and techniques in communication, language structures and behavioural strategies. At the *Master Practitioner* level, it is about mastering a higher logical level of NLP techniques. By the end of this level, people are fully equipped to apply the NLP skills and techniques effectively in their life and others with great emotional flexibility and positive states. Being certified as *NLP trainers* (3rd level) takes on a different level as they are qualified to teach and certify participants to become NLP practitioners and master practitioners. As NLP trainers, they will apply NLP skills and techniques to conduct professional training, seminars and workshops. The 4th level, the *NLP Master Trainer* level is an advanced professional level of training mastery. In joining the few NLP master trainers in the world, graduates from this level are qualified to teach and certify participants to become NLP trainers.

To summarise, the art of NLP is to learn to love and to be loved as well as to live your magnificence to the fullest. People cannot go any further if they keep on doing and thinking what WAS. Always keep in mind to do what you want not what you need and never settle for less. That is essentially the attitude of NLP.

About Dr. Harry Wong, FCPA

- Training architect, director and success coach of WYH International Consultancy
- Asia 1st ABNLP Certified Master Trainer of NLP personally trained and certified by Drs. Tad and Adriana James
- China 1st Certified Coach Trainer at master level by American Board of Neuro-Linguistic Programming (USA)
- Certified trainer and master practitioner of Creating Your Future® Coaching, Time Line Therapy™ and Hypnosis (USA)
- Chartered Accountant (Canada) / Fellow Certified Public Accountant (HK)
- Doctorate in applied psychology (USA) / Master of accounting (Canada)
- Specialised in change management, happy coaching, appreciative leadership, positive thinking & self-empowerment, communication enhancement, training strategy and resources development

Visit www.warmyourheart.com to learn more about Dr. Happy, his vision, training programmes and services.

Contact Dr. Happy at harrywong@warmyourheart.com for full trainer's profile and free consultation.