

NLP – Neuro-Linguistic Programming

Neuro-Linguistic Programming

Look at your issues in a different way. Discover & explore other views. Develop your self-confidence and go over your limitations (self-imposed or not). Become the "new you" that you have always longed to be with the amazing tools of NLP.

The NLP process

Neuro Linguistic Programming (NLP) is a set of cutting-edge psychological tools that can help you kick-starting your personal & professional development. I like to say that "NLP is a highly-effective discipline that helps finding what people do in their heads when they do what they do". NLP will study how you think, communicate and behave, helping you identify your good habits and your "not so good" habits. Armed with this knowledge, you can modify the way you think, communicate & behave, and improve the areas of your life that need attention. NLP can be used by people from all walks of life.

The NLP Tools

The NLP tools are varied and very powerful. As an NLP Practitioner I will use give you techniques to take charge of your life: anchoring, rapport, emotional state control tips, reframing, representational systems, submodalities, and many other tips & tools. I mostly use NLP techniques to compliment my healing EFT & TFT sessions. For instance, I use a visualisation based on the NLP techniques that can help reinforce the healing acquired with EFT & TFT.

What can NLP do for you ?

Whether you are already looking at the area of self-improvement or you are new to it, whether it is the relationships in your life that need tuning, or maybe it is personal excellence you are looking for. NLP will help you develop a deeper awareness of both yourself and the world around, so you can improve in all areas of your personal & professional lives. NLP can be used to improve or enhance health, personal & professional performance, relationships, self-realisation, and many more.

Investment

90 minutes of NLP is €70 per person
60 minutes of NLP is €50 per person
90 minutes of NLP €130 per couple
60 minutes of NLP is €90 per couple

I will, at times, combine NLP with other modalities such as TFT & EFT which complement each other really wel.

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☎ 051 565 882 ☎ 086 103 4878 📧 v_rooney@eircom.net



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