

## What is NLP / Hypnosis ?

Neuro-Linguistic Programming (NLP) is a behavioural technology, which simply means that it is a set of guiding principles, attitudes and techniques about real-life behaviour, not a removed, scientific theorem.

It allows you to change, adopt or eliminate behaviour, as you desire, and gives you the ability to choose your mental, emotional, and physical states of well-being.

With NLP, you learn how to grow from every single life experience, thus increasing your ability to create a better quality of life.

NLP is a very pragmatic technology based on an ability to produce your desired results, thus allowing you to become proficient at creating your future!

&ldquo;NLP does offer the potential for making changes without the usual agony that accompanies these phenomena. . . Thus it affords the opportunity to gain flexibility, creativity, and greater freedom of action than most of us now know...&rdquo;

- Training and Development Journal

&ldquo;...real estate brokers and salespeople use NLP to enhance their communication skills and provide them with more choices when working in a difficult situation . . . it shows how we make sense of the world around us and communicate.&rdquo;

### Hypnosis

Louise uses hypnosis and the latest power therapy to complement her therapies and to support you losing weight and stopping smoking. During her one-off sessions she taps into the unconscious mind, taking you deep to the root of patterns where negative habits are formed, thus eliminating your addictions at the deepest levels of their origin.