



# NLP Goa

CONNECTING WITH YOUR  
INNER POWER



Come experience the power of **NLP** and uncover your true potential. Achieve your goals and success in life... discover a better you!



energy flows  
where attention goes

# About NLP



## What is Neuro Linguistic Programming (NLP)?

NLP is the art and science of personal excellence, derived from studying how top people in different fields obtain their outstanding results. NLP's core idea is that an individual's thoughts, gestures and words interact to create one's perception of the world (called maps of reality). By changing one's outlook, therefore, a person can change his attitudes and actions, hence, the results.

In short, NLP provides us with a way of understanding not only ourselves, but other people too, and learning to communicate with them in the most appropriate and effective way possible. It is about training your mind to experience the wonders, not focus on the problems. It's about learning to let go of things which have held us back, and live the life we want to live, however that may be. It's about getting our outcomes... it's not a theory, it's about finding out what works....and achieving the results!

**NLP Goa**  
[www.goanlp.in](http://www.goanlp.in)

**NLP** represents an attitude of mind and a way of being in this world

**NLP REPRESENTS AN ATTITUDE OF MIND AND A WAY OF BEING IN THE WORLD**

## How does it work?

Learn to set and achieve compelling goals through the use of well formed outcomes.

Increase personal certainty and conviction - uncover your values and beliefs.

Recognise the values and beliefs of those you work with to enable better communication and the ability to motivate and inspire them.

Discover techniques to self-lead, be resourceful and manage yourself better.

Eliminate limiting self-talk and beliefs and reduce stress levels for a more fulfilling life.

### STRENGTHEN

Goal setting, Self Esteem, Relationships, Winning strategies, Financial position, Communication, Personal rapport & persuasion skills

### MANAGE

Anger, Anxiety, Habits, Stress, Behavior, Conflicts

### ELIMINATE

Limiting beliefs, Trauma, Phobias, Chronic pain, Procrastination

Generate more options and choice leading to better business decisions and results.

Build rapport & develop quality relationships to influence, negotiate and resolve conflict easily.

Enhance performance and confidence at meetings and presentations.

Motivate & empower others.

Change the unwanted behaviours and habits in yourself and others in positive ways.

Discover how high achievers attain excellence and how to replicate their success.

**If what you're doing isn't working, do something different**

NLP is widely used in marketing and communications, sales, leadership, coaching, negotiating and team building. It is a powerful way of enabling you to reach your full potential as a leader. You can expect to increase productivity and revenues and create greater satisfaction from your employees and customers.

## What will I learn from the programme?

Communication is the response you get. The Answer lies in the Question. Each person is Unique. We have all the resources we need. Having Choice is better than no choice. Problems cannot be Solved unless you have an outcome. People make the Best Choice available to them at the time they make it.

## How will it help me?

**Business** to promote good communication and negotiation strategies including sales and management skills.

**Counseling, coaching and therapy** to accelerate changes with clients by looking at the processes that underlie a particular pattern, emotion or habit.

**Education and training** to promote and accelerate learning and memory. NLP is also a valuable tool when it comes to training and teaching design methods.

**Personal development** to remove negative emotions and patterns; promote confidence and self esteem. NLP also has tremendous applications in goal setting.

**Parenting**, learning how to foster good, clear communication with your children right from the start.

**Sport** to enhance performance, develop and maintain the winning attitude.

# discover your potential unlock your brain power get results!

## Programme Highlights

Understand the underlying fundamentals and beliefs of NLP that enhance communication to yourself and others.

Learn to apply the exceptional power of your conscious and unconscious mind for communication success.

Discover KEY fast and easy techniques to communicate better.

Learn how to recognise the preferred style of your audience and how to adjust to make sure your message is understood.

Use fast & powerful questioning techniques to get specifics.

Increase your understanding and drive better decisions.

Transform attitudes to get better results.

Deal with and resolve conflict in positive ways.

Enhance your awareness of preferred thinking and working styles that results in different behaviours.

Enhance your and your team's productivity and co-operation through self awareness and awareness of others.

Identify and learn how to play to your strengths and those of your team.

Learn how to manage your own and your team's time preferences to eliminate stress and allow effective work / life balance.

Discover new and better ways of

dealing with situations when you feel stuck.

Overcome blockages and get best results.

Increase passion and turn your limiting language and beliefs into empowering actions.

Learn techniques to enhance your empowering beliefs.

Understand motivations of own and of those around you.

Uncover energy and drive to achieve your goals.

How to successfully set and achieve

The purpose of NLP is to be useful, to increase the choices you have and to enhance the quality of your life, by acting and experimenting, not by thinking about it. It is what you need to achieve your dreams and be successful. It's about getting our outcomes... it's not a theory, it's about finding out what works... and achieving the results!

**understand and  
model your own  
SUCCESS**



powerful and compelling goals.

Know with certainty what you want to achieve.

Become more solution & outcome orientated rather than problem orientated.

Achieve who you want to be and what you want to do.

Elicit strategies to increase your creativity, motivate yourself and make decisions.

Identify personal verbal and non-verbal indicators of success.

What's more, under the ANLP affiliation, you also get an opportunity to repeat the program as many times as desired by paying a nominal day charge... Wherever there's an ANLP recognised program in India!



If it is possible in the world, then it is possible for me!

## EYE ON IT How Does NLP Training Work?

NLP training is a combination of group learning, individual experiential exploration and personal application. In the training group, you will see live demonstrations of NLP techniques and be able to ask questions and understand the principles that underpin the techniques. Then you will work in pairs or small groups to explore the techniques further to find what works in what context. Finally, you will be able to apply the techniques to your own business and personal life and test out the results for yourself.

It is important to have an open mind because sometimes what you think will work doesn't and what you think can't possibly work, works easily.

## Certification ANLP certification

An ANLP, India accredited certification, it's recognised worldwide, and accepted by all premier bodies of NLP in the US, Europe, Asia & Australia



## The NLP Practitioner Program

It is a life transforming experience of the power and magic of Neuro Linguistic Programming. The program is designed to enable participants to fully understand and practice the skills of NLP in their professional and work situations, as well as for their own growth, development and personal achievement.

- Learn how to set and achieve compelling goals through the use of well formed outcomes
- Discover techniques to self-lead, be resourceful and manage yourself better
- Eliminate limiting self-talk and beliefs and reduce stress levels for a more fulfilling life
- Generate more options and choice leading to better business decisions and results
- Build rapport & develop quality relationships to influence, negotiate and resolve conflict easily
- Increase personal certainty and conviction by uncovering your values and beliefs
- Recognise the values and beliefs of those you work with to enable better communication and the ability to motivate and inspire them
- Enhance performance and confidence at meetings and presentations
- Motivate & empower others
- Change the unwanted behaviours and habits in yourself and others in positive ways
- Discover how high achievers attain excellence and how to replicate their success

While undergoing the Practitioner of NLP, you will not only learn all this and lots more, but you will also learn to harness the power of NLP in your life, whether at work, at home or in external relationships. On successful completion, you will also be ANLP Certified as "The NLP Practitioner".

**enrol now!!**

## NLP Certifications offered

**5 Days NLP Practitioner**

**14 Days NLP Master Practitioner**

**14 Days Trainers Training**

**Practitioner of Hypnosis**

**Specialist NLP Trainings**



**Corporate NLP Trainings**

**10 Days NLP Psychotherapy Training**

**Personal Consultations: Personal and Business**

### Investment

Includes lunch, tea/coffee on all days and Practitioner Manual, Certification and a membership of ANLP, India

Also, enroll now and receive 15 Audio CDs and 2 DVDs worth ₹5000/- at no extra cost to you.

# NLP Training Team



## DR. DAVID J LINCOLN

David is a psychologist and naturopathic doctor with specialization in mind body connection and a Master Trainer of NLP and Hypnosis. He heads the accreditation for the premier and ONLY accreditation organization for NLP in India, the ANLP.

David has over 40 years of experience in the domain of NLP and hypnosis. He has experience in all aspects of HR and the people business from individuals to large groups to 5000 plus people. David has a vast network of people in the industry and travel all over the world. David can also deal with extremely difficult problems and ones that others have given up on.

## UMESH SOMAN

Umesh has successfully facilitated over 500 workshops, training and counselling over 10000 people across levels & functions. In behavioural and soft skills, along with expertise in classroom training, He is highly effective in the experiential format of training. He has extensive experience with psychometric tools, successfully handling organisational development, helping organisations build robust processes in HR - benchmarking, competency mapping, succession planning, recruitment to employee development, internal job posting and restructuring.

Umesh is an internationally certified Professional Behavioural Analyst, Professional Values Analyst, Attributes Index Analyst, and an international Master Trainer for all of these certifications. Umesh is also an internationally certified Practitioner and Master Practitioner of Neuro Linguistic Programming, Hypnotherapy and Timeline Therapy.

## SUSHIL MEHROTRA

Sushil has over 24 years of experience in training and service delivery domain. An electronics engineer by education and certified practitioner of Neuro-Linguistics Programming, he has worked with industry leaders like Xerox, Canon, Ricoh and vCustomer. His experience spreads from setting up training function to Service Delivery and Quality. He has worked closely with HR function as Training Head for three large MNC's. He has served as head of service delivery and was responsible for setting up and managing training function for Canon and also served as Head of Training at Ricoh and vCustomer services. He has helped several organizations to fine tune their training function with operations requirements.

Sushil is passionate about training and human excellence. Firm believer of phrase "Nothing is impossible"; he is now working incessantly in the field of personal excellence. Recognizing his efforts in Training domain, Institute of Training & Occupational Learning (London) has accorded Fellow membership to him.

**enrol now!!**

982 214 6435 • david@goanlp.in



NEURO LINGUISTIC PROGRAMMING



DIPLOMA IN NLP  
CERTIFIED PRACTITIONER OF NLP  
CERTIFIED MASTER PRACTITIONER OF NLP  
CERTIFIED TRAINER OF NLP  
CERTIFIED MASTER TRAINER OF NLP  
CERTIFIED PRACTITIONER OF HYPNOSIS  
CERTIFIED TRAINER OF HYPNOSIS  
DIPLOMA IN NLP PSYCHOTHERAPY  
CERTIFIED NLP PSYCHOTHERAPIST

WE ALSO OFFER A NUMBER OF  
OTHER TRAININGS BOTH IN GROUPS  
AND FOR INDIVIDUALS AND  
COMPANIES. THESE INCLUDE:

HYPNOSIS  
PUBLIC SPEAKING  
MIND POWER  
SALES TRAINING, LEADERSHIP,  
PSYCHOTHERAPY, ETC.

