

nlp today

PERFORMANCE PARTNERSHIP

NEURO LINGUISTICS • HYPNOSIS • TIME LINE THERAPY® • HUNA

keeping you ahead in the applications of nlp

issue three



David Shephard

A Date With Excellence

In March we held our first Seminar Money Can't Buy. Our very special guest on this occasion was Martin Murphy from Ireland. Martin has created a ground-breaking system for enabling children and adults to overcome the symptoms of learning difficulties like dyslexia. His system is called dyslexia@bay™. I got the opportunity to ask Martin many NLP modeling questions about his system, the beliefs, values and key distinctions that have enabled him to create so much and have such a great impact. It was great for me to see all of the students who attended the day be so inspired by such a model of excellence. Since then our Commercial Director, Deborah Price has trained in the system. She has written an article about her personal experiences.

We have now renamed the seminar "A Date With Excellence" which I think really communicates what the day is about. The next Date With Excellence is on October 7th, 2001. Our guest on that day is JR Worsley. He is a Professor of The College of Chinese Medicine in China, an honorary Professor of The Department of Oriental Medicine at Won Kwang University in Korea and a Doctor of Acupuncture to mention just a few of his achievements. An exhaustive list would take the entire front page!

JR truly is a model of excellence and his knowledge, wisdom, and expertise will be very exciting to model. He is also a great example of "walking the talk" as he has

Welcome to the third edition of our newsletter. As you can see we've changed its name and revamped the image. It really is an exciting edition. All of the Breakthrough Coaches at The Coaching Partnership have written an article about their specialist areas and there are several excellent articles from some of our students. It's also a very exciting time at The Performance Partnership...

been told several times by western medical practitioners that he should be dead! Fortunately JR doesn't believe them and if you're fortunate enough to join us on the day you'll see he is most definitely alive and well. JR tells me that he was approached many years ago by big names you would know in NLP for a modeling project. He didn't do it so this will be the first time ever that JR has shared this information. If you want to be there, numbers are limited to 50 and all you need to do is refer 2 new students to us who have booked and paid for one of our programmes before October 7th.

New Website

Our website has been totally redesigned and now includes a discussion forum, recommended reading list, a monthly book review and a glossary of NLP techniques. Please check it out, I'm sure you'll love it. The address is www.performancepartnership.com

PERSONAL SUCCESS PARTNERSHIP

MULTI MEDIA LEARNING FOR SUCCESS

We have also launched a new company, The Personal Success Partnership, which will be developing and producing a range of audio and video products. I have founded the company with my friend, jazz guitar virtuoso, Fridrik Karlsson. Fridrik will be bringing his expertise in production, music and marketing to our product range.



Our first product will be launched shortly - a double CD entitled *Stressed To Kill*. This product applies mind-body thinking to teach people simple techniques to banish stress from their lives forever. It retails for just £19.95 and can be ordered from The Performance Partnership office.

Presenting Magically

We are also delighted to announce that the book entitled *Presenting Magically* is now available! It costs £25 - and can also be ordered at The Performance Partnership office.



So, that's enough from me, enjoy this edition of NLP Today!

Dr David Shephard

Master Trainer of NLP, Time Line Therapy® & Instructor of Hypnotherapy.

Baby Boomers United clare Martin

You may be wondering how I convinced myself that I couldn't have children.

I used to think that I benefited from the most efficient contraceptive on the planet, called infertility. I used to have a great role model - my mother did infertility very well.

"Aha," the logically minded among you will be saying to yourselves, "So how did you come along then?"

Well I'm talking about my adopted mother. She was never able to have children so she adopted me from Hong Kong. She died when she was only forty-one so I'd rather carelessly lost two mothers by the age of twelve. Great advertisement for motherhood...

At the age of twenty-two, I came down from Durham University with a degree and a husband which was rather efficient. Less pleasant was the discovery that I'd inherited a rather nasty virus. According to the doctors, I would fight off the virus in my mid-thirties, with the potential for serious liver damage or even cancer. Charming.

I made a bold attempt to have a nervous breakdown in my final year but the threat of hospitalisation soon brought me to my senses. Funnily enough, I've found since then that for a lot of people the threat of hospitalisation for both mental and physical complaints is a spur to make a miraculous recovery. Can't think why...

So, I found myself a year ago, aged thirty-nine, four years overdue for my liver damage, fifteen years of married bliss and no kids. During an Appraisal Training at a client's site, one of David Shephard's students wrote C>E (cause and effect) on a flip chart and our eyes met across the training room as a light bulb went off in my head. Have you ever had the experience of your unconscious mind going "Aha!" just as your conscious mind simultaneously goes "Eh?"

Less than one year later, I'm a trainer of NLP and 6 months' pregnant. How did I manage it? Practitioner Training - learning the causes of dis-ease, the realisation that infertility is psychological, not physical, and a glorious parts integration facilitated by David. Master Practitioner - realignment of values, honing of resources, Time Line Therapy® and the mysterious (yeah, right) dwindling of my virus. Dropped the birth of the baby in the Time Line for June 2001 and forgot about the whole thing, consciously. Meanwhile, the unconscious mind was processing thus:

So, you want a baby? *Well, I think so.*



How do you know? *I'm getting gooey in the presence of babies and I was awfully envious when my sister-in-law had hers. What's the cause of your reluctance to get pregnant? Irregular periods.*

You don't have to have regular periods to get pregnant. *Really? My mother couldn't have children. Pull the other one, she had you, and the fact that it was an unwanted pregnancy suggests she was able to be more fertile than she wanted to be, too.* You're right, she didn't want a baby. Do you know that a very high proportion of the unwanted babies that were adopted at the same time as me can't have babies now? *But that was her decision, and their decision, you decide.*

OK, OK, what if I pass on something nasty, like my mother did? *Like what? Like genetic mutation or mental illness. Heard of Time Line Therapy®? Oh, alright, then. What about liver damage? What about it? You've had two biopsies and they've both shown a healthy liver. You've shown you can make the virus go. They're going to inject the baby so you can pass on good things only. If there's anything to pass on after you do Time Line Therapy®.*

Resources. Which ones, specifically? Financial and emotional. You've paid off the mortgage and your earnings potential has shot up with all that NLP to sell. What's the emotional about? *Well, I nearly had a nervous breakdown at University. How long ago was that, precisely? And how well do you manage stress now? OK, OK. I don't feel fit. How do you know? I can't get as much height on my flying kicks as I used to. Why's that? I'm too fat. So diet.*

Better check in case you're pregnant. When was your last...? *One... two... er, three... I think I've got a home testing kit somewhere... Oh, my God... the test's out of its use by date.* Two more tests later. Convinced? *No. They're 99% accurate. I have a consistent convincer. Send your husband out for more tests, then. Five tests later and a visit to the GP. Convinced? Can't see it. Just wait for the scan.*

My husband tells me my face was a picture. A baby girl was bouncing around in my womb - just like her mother. She was 19 weeks and I discovered her in the middle of Trainers' Training.

One final twist - two people in the department I'm currently working in have just announced they're expecting for the first time, too. One was told she could never have children and was attempting to adopt from China. She went to her GP four days ago complaining of pains in her ovaries and was even more shocked than I that she's four months' pregnant. Now, what's that about perception is projection...

Juliet Lauren Martin is due on 4 October 2001. ■

Clare Martin is a Management Consultant and NLP Trainer in the City of London.

Why Learn NLP, Hypnosis & Time Line Therapy®?

Mo Mowrung

Why did I choose to learn NLP?

I first came across NLP in 1986 and did nothing about it. About two years ago I started asking different questions about NLP and this time it sounded very different. After reading about it again the subject looked different and it became clear that to integrate the learning, I had to do it and experience it. This time it felt right and I spoke to several people and my vision for the material was different. I decided to study with David because everyone in the office was pleasant, honest and very helpful. My knowledge of Hypnosis was limited to television shows and I had never come across Time Line Therapy®. So these were going to be new experiences. I made a commitment to study the Practitioner and Master Practitioner courses only. These were to increase my knowledge, understanding and skill in the subject matter. After I completed the course I realised that a New World was emerging.

What did I learn?

Although I learnt many new things, the more I learnt, the more I realised that I already possessed the knowing at some level. I believe that it was a combination of the tape assisted learning and the sense of familiarity which David and his team created during the course. I found that many of the concepts learnt occur on a daily basis and the course put these in a structured, systematic and organised



way that could be easily used with effectiveness. For example, everyone uses metaphors, voice tonality and strategies. Although everything learnt is useful, there are some that stand out for me. To name only a few, I found rapport, strategies, quantum linguistics, hypnotic language patterns, pattern interrupts, metaphors and using pre-birth experiences absolutely memorable. We were given encouragement to practice the skills. I recall using nearly all the coffee/lunch breaks to refine the skills being taught.

How do I use these skills?

The very first thing I became curious about was eye patterns. I started noticing eye patterns especially in films and everyday conversation. This began to create a new dimension within my role as a lecturer. I became aware whether students were making pictures, talking to themselves or having feelings before they spoke. This awareness enabled me to structure my responses and questions to match their internal representation. Rapport was the foundation of everything. I remember one client who said: "Mo... my mind goes blank in exams... and I want to do well". I noted that while she was speaking she was looking down to the right, her spine was curved and her body curled. I said "that's right... you used to do that... because I hadn't taught you this new skill which I have recently learnt". She looked surprised and said: "really... you mean I could..." I quickly interrupted and said "succeed... that's right you are learning to become even more successful now". I then proceeded to interrupt that pattern and told her a lengthy story (metaphor) of someone I know who could not do something, then learnt how to do it easily and then became so good that she went on to teach others. Throughout the conversation I kept pointing at her. I used several embedded commands about learning easily; research in memory and how people remember things. I then asked her to tell me something she

enjoyed doing. She immediately looked up to the left, sat up, smiled before speaking. I noted that she had two strategies that were producing two different results. I then asked her to answer a previous exam question. She immediately went down into kinaesthetic and could only associate three words with the answer. She then said: "this is what happens in the exam..." I then said "this is what used to happen in the exams before today... from now on something magical... happens." I proceeded to check if it was OK with her unconscious mind to overcome this, be intelligent, articulate and do well in exams. I asked numerous questions, used embedded commands, reframing and metaphors until I was totally convinced that she wanted the outcome.

I found that it was at secondary school that the behaviour started. I used the Milton Model and the Meta Model and Hypnotic language patterns. I went through keys to an achievable outcome including the Cartesian Co-ordinates. By this time I knew that we were onto the home run. I used the submodalities change process to make the old belief untrue and make her desired belief true. I also used Time Line Therapy® to remove the limiting decision. After these processes, she wanted to know what to do next. She wanted to know how to make it happen in exam conditions. I kept her at the anticipation level for some time. I taught her how to manage her physiology, how to breathe, how to practice the learning state and the eye exercise patterns. I tasked her to do these on a daily basis. Since I was feeling generous I asked her to practice these once a day for at least five days a week. I assured her that the more she practiced, the more effective she'd become.

I had to test and find out how it works in the office. You can imagine what she said. Something like: "this is not an exam... it's real..." and so on. So I said, "that's right... this is not like an exam... it's even harder and I am going to make even harder still... it will be so hard that when you are in the exam it will be so much easier than...". This time I asked her to go through the same question with the new physiology, breathing pattern, holding an inner belief that she knows and looking up to the left for the answers. She wrote a few more words this time. I then taught her my strategy for doing exams because I love exams. In a few minutes, she ended up with some sixty words, which were all related to answering the question. I then did some teaching about conscious and unconscious mind integration work. I then got her to do some more questions and she was amazed how much she could remember. Some more metaphors and

"We now have the human tools and technologies to help any human being achieve anything they want"

embedded commands followed. Statements such as: "...if you have already done this... it also means that you can... and will always...". I future paced for future improving performance, learning with ease in a relaxed frame of mind.

I spoke to her about a week later and noticed that her physiology had changed, she was standing more upright, she was smiling and said that she feels very different about herself. She had put things in perspective and felt more motivated about what she was doing. Her written work had improved phenomenally. She was also noticing how her work has been improving. She had passed her last exam and felt comfortable about being in the examination room. The whole process took about two hours.

I saw her recently and she said that: "You know Mo... in the past everyone told me I could not do it and I was no good and all that stuff... now I know how to do anything I want to... it's a question of... Do I want to do it? and not can I do it?". And guess what I said... "that's right... you've got it too...". And finally I ended with some metaphors. I love telling my favourite metaphors of Thomas Edison, Henry Ford and the others who were told that they were no good and made great breakthroughs in life.

What if I apply this approach elsewhere?

My main focus was the outcome, obtaining complete agreement with the client and having complete faith in trusting my unconscious mind rather than consciously working things out. I have helped others to develop confidence in an average of about one and half-hours or less. I have also worked with a number of clients who had physiological imbalance. This has now been corrected to within normal range. Having worked with many clients I have found that the maintenance of continuing and lasting change is maintained by those who keep up with the tasks that they have been set. I believe that these results can be duplicated because we now have the human tools and technologies to help any human being achieve anything they want. ■

Mo Mowrun

RN, PGCEA, MA, Certified Trainer of NLP, Time Line Therapy® & Master Hypnotist.

A glossary of NLP terms and techniques can be found on our website

www.performancepartnership.com

Think and Grow Slim David Shephard

A 21st Century approach to health, youth and vitality.

About 4 years ago I came to the frightening discovery that I was carrying more than 42 pounds of body fat than was good for me. If you are wondering what 42 pounds of fat looks like, next time you go to your local supermarket put 42 one pound packs of lard in your shopping trolley! It's a lot of fat. The fat had been creeping on little by little every year from my late twenties. One day a student sent me a photograph taken at a Huna training (the one in the middle of this article) I couldn't believe it was me! I had to do something about it, but what?

That question led me to discover a number of distinctions about what it takes to gain health, youth, vitality and the kind of body you want. The approach I took to rid myself of the excess body fat, get fit, feel vital and young again was a four pronged approach:-

- Mental and Emotional
- Dietary
- Exercise
- Hormonal

By applying the key distinctions for success in each area you can achieve the goals that you have in the area of health and fitness amazingly quickly and easily. The results for me were losing those 42 pounds of body fat, increasing my lean tissue, decreasing my percentage body fat from 33% to 12% and reducing my waist measurement from 39 to 31 inches. In fact, I easily and safely lost the 42 pounds of body fat in just 10 weeks without exercising! It makes me wonder how quickly I would have lost it if I had exercised as well.

Mental and Emotional

There is a relationship between emotional health and physical health.

I noticed that some people, after attending our Re-Engineering The Self Seminar and doing Time Line Therapy® techniques, reported to me that they had lost weight after the seminar without changing anything in their lifestyle. They were the same people who said, "I released a lot of heavy emotions during the seminar." Could it be there was a link between unresolved negative emotions in the past and excess body fat? Certainly from a mind-body perspective I think there is, particularly if the negative emotions are related in some way to the person's body.

Cause and effect

The main reason I had been unsuccessful with dieting and exercise programmes in the past was because I wasn't taking responsibility for my results and being at cause for the state of my body. I even remember being relieved to read an article

that stated that the reason that people are overweight is genetic! As long as I believed that there was nothing I could do other than stuff my face in front of the telly! It's the same thing that led me to say that the exercise programme I had been given at the gym didn't work. Strangely the fact I hadn't been to the gym to do the programme slipped my mind!

The moment finally came when I said to myself, "This must change, and there is only me that can change it! I don't care what anyone says. I can do it!"

I then asked myself three life-changing questions:-

- How did I create the current situation with my body and for what purpose?
- What do I need to learn to enable me to create the body I want?
- What do I need to do differently now to achieve it?

Beliefs

I discovered that many of my values and beliefs didn't support me in achieving my goals. Beliefs like:-

- Exercise is boring.
- Getting fit takes a long time and is hard work.
- I don't have time to exercise.
- I can't diet and stay in hotels the amount I do.
- I don't like "healthy" food.
- It's not OK for me to look good.
- Losing weight will cost me a fortune in new clothes.

With beliefs like that lying around is it any wonder I didn't diet and exercise!

I used Time Line Therapy® techniques to delete those beliefs and then set some compelling goals about my new body and image. That led me to discover the distinctions that made the difference in the other three areas; diet, exercise and hormones.

Dietary

I read several books about diet that said very different things than I had heard before. They said there was no way for the body to convert dietary fat and cholesterol into body fat and cholesterol in the blood. I found that the reason I had increased my percentage body fat was because of my abuse of high glycemic index carbohydrates. A high glycemic index carbohydrate is a carbohydrate that increases your blood sugar level very rapidly. Examples would be; potatoes, bread, rice, beer, and certain fruits (particularly bananas). The problem with these foods is that they are very rapidly assimilated by the body and your blood sugar levels increase quickly. Because very rarely do you need that amount of energy

that quickly the body has to regulate the your blood sugar levels by dumping large amounts of insulin into the blood stream. It's the insulin that tells the body to store the excess energy as body fat. Your blood sugar level then drops rapidly and you feel tired. That's what is happening when you feel sleepy mid-afternoon after lunch. One area of thought is that your body lines your arteries with cholesterol to protect them from the corrosive effect of insulin.

I dramatically reduced my carbohydrate intake to almost zero and lost 42 lbs of body fat in 10 weeks without any loss of lean tissue. And that was without any exercise. I just didn't feel like exercising with all that fat hanging around. My energy levels increased and I stopped feeling sleepy in the afternoon. When I woke in the morning I wasn't groggy anymore. I have now introduced carbohydrates to my diet but I keep my intake low and then only low glycemic index carbohydrates like green vegetables and berries. I think of it has the cave man diet, eating small game, fowl, fish, nuts and berries. Our ancient ancestors didn't eat bread, grain, rice, potatoes etc. and our metabolism has changed little since then.



If you're wondering whether you can survive without carbohydrates I ate less than 20 grammes of carbohydrates a day for a year and became healthier than ever before.

Exercise

When I was last in California I consulted with an anti-ageing and exercise specialist called Nick Delgado. From him I discovered that the best way to permanently reduce body fat is weight training to increase muscle mass. More muscle mass means your body burns more calories even when you are doing nothing. He also told me that working out for longer than 45 minutes at a time was counter productive as it would

dramatically reduce my testosterone levels. The very hormone both men and women need to increase muscle and reduce fat. Nick taught me how to work out hard and intensively in short bursts so that I could even workout twice a day if I wanted. The most important information was, that you need to take the muscles to failure if they're going to grow. Just going to the gym and pushing weights doesn't do it.

My personal realization was around how to make sure I actually worked out! I found that working out first thing in the morning was most effective - when I worked out in the evening there was always something to do instead. It also increased my metabolism for the rest of the day. I also now have the intention of working out every day, I don't, but my intention is always to work out every day. When I intended to work out 3 days a week I averaged 2, with the intention to work out every day I average 5. That makes a big difference.

If you're worried that doing intense weight training will make you look like one of the Gladiators, stop. Arnold Schwarzenegger says it took 500 hours of heavy lifting just to build his calves!

Hormonal

So for the final piece to the puzzle, your hormones. Last year Nick suggested I had my hormone levels tested using a saliva test. My hormone levels were compared to

those of a healthy, fit 25 year old. I then started a regime to return my hormone levels to that of a 25 year old by the use of natural supplements. I was skeptical but thought it was worth a go. The results have been quite astounding.

The main factors here are increasing levels of hGH (human growth hormone) and balancing the sexual hormones (testosterone, estrogen and progesterone). As we age levels of hGH decrease leading to the symptoms we associate with ageing. One of the most effective ways of increasing hGH is intense weight training, first thing in the morning on an empty stomach. Exercises, which use multiple joints, are most effective, like squats for instance. You can also increase hGH by supplementing your diet with the amino acid, L-Glutamine. A diet that reduces high glycemic index carbohydrates also seems to increase hGH levels.

As men and women age they have lower levels of free testosterone and increasing levels of estrogen. This causes them to store more body fat, decreased muscle mass, and experience lower sex drive. Yes, women need testosterone too! Also, many women have an imbalance of the wrong type of estrogen. So what can be done to recreate balance in these hormones?

Firstly, heavy weight training increases testosterone, provided you don't workout for longer than 45 minutes. There are also

several dietary supplements that reduce estrogen and therefore increase production of testosterone. Chrysin, an extract from passionflower, absorbs the enzyme aromatase which converts testosterone to estrogen. Diindolylmethane and Indole-4-carbonyl absorb bad estrogen and therefore create balance. These are available as a supplement and are also present in cruciferous vegetables (brussel sprouts, broccoli, cauliflower, kale). I blend these vegetables with some berries into a breakfast smoothy each day.

The benefits of recreating balance in your hormones is more energy, feeling younger, reducing fat, growing more muscle and increasing your sex drive. Other than that I don't know why you would want to do it!

So there you have it, a four pronged approach to health, vitality and longevity. If it interests you can begin right away with what I've given you in this article. If you want more then join me for 3 days on our new seminar Think and Grow Slim.

David Shephard

Master Trainer of NLP, Time Line Therapy® & Instructor of Hypnotherapy.

For further details contact

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I Can See Clearly Paul Vernon

When the coaches in The Coaching Partnership decided earlier this year to research a topic of particular interest to them it gave me the excuse to delve deeper into some weird things that I had noticed people doing during our Practitioner, Master Practitioner NLP trainings and one-to-one coaching sessions.

I had noticed that people suddenly stopped wearing glasses after releasing negative emotions and could see clearly! During a goal setting exercise I noticed a couple of people who wore glasses actually took them off when they were creating a well-formed goal or as they were setting it in their Time Line. (This made me curious as to what was going on). Then I observed that when we got to releasing negative emotions from the past using Time Line Therapy® techniques some people also got rid of their glasses to release some of the emotions. (Now this made me even more curious, more curious than I have ever been). To make sure I wasn't going mad (or madder than I already am) I asked David if he had noticed this before. He looked at me contemplatively and told me that he hadn't. Now we were both curious!! So we started to re-run previous trainings in our minds and realised that it was quite common...

During the next few trainings I started asking people some questions when I saw this happening and recognized that there are 3 common themes that made people not see clearly:-

- Events from the **past** - things which they decided that they didn't want to see
- In the **now** - not believing that it's OK to let people (including themselves) see who they really are
- Events in the **future** - they couldn't see themselves being able to do what they want to do (or even just because they weren't yet aware of what they really want to do...)

So it's simple... release the emotions and delete the limiting decisions, which stop people doing good eyesight, and you're done!!!

Not quite... I then realised that not everybody got the long-term change. So *what* stopped this from being enough for everybody? So began my research in earnest - I went back to my biology schoolbooks (no, not for that - for eyesight!), I explored websites, I learnt how opticians tell you how *not* to do good eyesight, and I studied how the eyes function from a mechanical point of view i.e. a projector and screen. I was having FUN.



After researching the subject I became conscious of the fact that by looking at the eyes in this way I would be

able to create all the not good eyesight phenomenon by using the muscles inefficiently.

AHA! Is this the key?

For some people, releasing negative emotions is only the first step. Some individuals then need to re-train the eye muscles and do simple correcting exercises to restore the correct muscle balance. The right muscles are doing the right jobs and therefore working more effectively, undoing years of incorrect use.

This has led me to develop my own breakthrough process specifically geared to eyesight. Physiotherapy for the eyes! ■

Call Paul Vernon at The Performance Partnership for further details.

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Regaining the Thyroid Balance

Marilyn Devonish

"If I'm totally honest, looking back I have to thank my illness for leading me into the wonderful world of NLP"

If you are suffering from thyroid problems, you're probably fully aware of most of the symptoms.

For myself, it was continual weight gain, a feeling of permanent tiredness, constipation, falling hair, bad skin, fainting and dizzy spells, problems with memory and recall, and an overall feeling of despair. I was putting on weight like it was going out of fashion, despite the fact I was eating sensibly and exercising regularly. I lost virtually all of my head and body hair, my skin was covered in eczema and acne, and no matter how much sleep I got I was still permanently tired and lethargic - all this while I was on medication and my blood tests continually registered "normal".

So, what was the problem?

I was suffering from an underactive thyroid gland, accelerated by radioactive iodine treatment for an overactive thyroid gland. My prognosis wasn't good. I was to be on thyroid replacement tablets for the rest of my life and I was one of those unfortunate people for whom the tablets kept me "ticking over" but not much else. I was on the brink of despair and had no idea why this was happening to me, and what I could do to get my old life back - this was in the days before I discovered NLP and the notion of cause and effect!

So, why am I telling you all of this, and what's happened since the days of being fat bald, forgetful and spotty?

You can probably tell from my photo that I am slim, I have hair, and my face isn't covered in acne, and for those of you that have attended a training this year and seen me hurtling round the training room you'll also know that I also have a lot of energy. Best of all, I no longer take any thyroid medication whereas previously I

was taking what is medically considered to be high doses of T3 and T4 tablets twice a day, every day.

How did I do it?

Well, no prizes for guessing that I used a combination of NLP, Hypnosis and Time Line Therapy® to finally get myself to the stage where I am in good health and no longer find it necessary to take any medication. When I first got into NLP in September 2000 I was sceptical about the applications for health to say the least. I found the concepts exciting, and was open to the idea that they would work for other people if they really believed in "that kind of stuff", but I mean, just talking to your neurology and unconscious mind to get to the root cause of problems and resolving them, often in a matter of hours, come on, I had a degree for goodness sakes and I knew that my condition was irreversible, or so I thought.

If I'm totally honest, looking back I have to thank my illness for leading me into the wonderful world of NLP. In the years that followed my diagnosis I was so desperate to feel well that I began researching into alternative therapies and treatments once I realised that more conventional medicine couldn't offer me the quality of life that I'd been used to before becoming ill. I spent 2 years researching the thyroid gland, possible causes, (I was totally at "effect" at this time), and current conventional treatments. Having found a private doctor who was willing to try a "radical" treatment as a last hope - the daily addition of pure T3, I knew I'd have to start thinking outside the box if I was to get some balance back in my life and regain a feeling of total well-being.

Having now gotten myself to the stage where I am fit, healthy, vibrant and drug free I want to work with other people who are currently suffering from some of the symptoms that used to be part of my daily life.

In line with the other Personal Coaches at The Coaching Partnership I had to decide on an area of specialisation, in addition to the one-to-one Breakthrough Sessions that we also offer. I decided to look at thyroid disease, and anorexia and bulimia.

Combining my personal research and experience of thyroid disorders together with the powerful tools and techniques of NLP, Hypnosis and Time Line Therapy®, I am currently putting together a specialist Personal Breakthrough Session to work with people to alleviate some of the symptoms of hyper and hypothyroidism, where we focus on you, your thyroid gland, and regaining optimum health.

So, if like me, you ever wondered if there was light at the end of the tunnel and imagined what it would be like if it was possible to get your old self back, then I'm happy to report that I'm living proof that thyroid dis-ease can still equal good health and a feeling of well-being. I mean, anything less than total well-being isn't being healthy... isn't it? ■

Call Marilyn Devonish at The Performance Partnership for further details.

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"...I'm happy to report that I'm living proof that thyroid dis-ease can still equal good health and a feeling of well-being"



Have you ever felt the kind of immense all-consuming pride that comes from being a parent whose child has just smiled their first smile, taken their first step, appeared in the school nativity play as the back end of a donkey... can you remember or imagine what that kind of pride feels like?

Multiply that feeling a hundred fold and add pure joy and excitement, too and you will start to imagine how I felt as I heard the voice at the end of the phone. "Mum, Mum. Mum - guess what? I've just got my school report," she said. "Can I open it now?" It was the last day of my 9 year old daughter, Rebecca's, school term. "Go ahead" I said.

Her excitement, exhilaration and pride in herself were fully expressed in her voice as she squealed down the phone "I've got an "A" in...; an "A" in.... " and so it went on - 9 A's, 3 B's and a C. All of the teachers' comments went along the lines of how well Rebecca had progressed this term. One teacher said that she had never known Rebecca to be so motivated in her work. So, am I just another proud parent? You tell me... 3 months earlier at Rebecca's parent-teacher meeting I had again refused to accept suggestions that she had "learning difficulties" and required special needs teaching. She is an exceptionally bright, lively child and this just did not make sense to me. Luckily, I knew about Martin Murphy, an ex-school teacher from Dublin who had trained to NLP trainer level with The Performance Partnership. He had developed the dyslexia@bay™ system for teaching people with dyslexia and/or dyspraxia to overcome the symptoms of their learning difficulties. The system works by utilising

discrete parts of the brain through a series of mental and physical exercises. So, I booked an appointment for Rebecca to see him on March 25th this year after he appeared as our guest at the first Seminar Money Can't Buy (now re-named A Date With Excellence).

The consultation took 3 hours and involved a period of approximately 45 minutes of puzzles and questions in a completely informal and relaxed setting - this was the diagnosis part of the consultation - a simple assessment of exactly how Rebecca was processing information and how effectively that worked for her. Through the diagnosis Martin was able to tell me exactly what Rebecca's learning strategies were and then proceeded to work through various "puzzles" with her which developed discrete parts of the brain taking her from straight auditory recall through stages to Visual Static and then Visual Dynamic recall i.e. similar to re-running a video (The visual dynamic part of the brain is a seat of long term memory and has a capacity 1,600 million times greater than the capacity of the sections of the brain which relate(s) to auditory recall). Rebecca could spell "hippopotamus" forwards and backwards by the end of the session and recall a list of 20 objects forwards and backwards as well as being able to stop at any point and tell me off the top of her head which was the 6th thing on the list, what came between the 9th and 11th things on the list etc - she literally ran the video in her head and stopped it at the relevant "frame". She did all this and had great fun! She came out of the 3 hour consultation laughing and joking and even offered Martin a tip!! All the way home she was calling people on my mobile phone getting them to get her to spell the words she had learnt forwards and backwards - excellent, marvellous, brilliant, hippopotamus...

Is that it? Is that all there is to it, I hear you say? Yes,... and no. There does follow a 28-day programme, which I did with her at home - every night for 28 days. Initially it took almost an hour a night for the first week, but as her self confidence grew each day and we both got used to the exercises the time greatly reduced so that we were completing the work in about 30 minutes a night. By the end of the first week she could spell "supercalifragilisticexpialidocious" forwards and backwards (go on, you try it!). Much to my relief Rebecca excused my inability to spell it

"Unlocked, the client can now use his natural intelligence, which was always present, to truly express himself"

and allowed me to cheat by checking her from my notes!!

Rebecca also did exercises to develop her peripheral vision, which assisted her in reading more fluently, and other reading exercises increased her reading comprehension and consequently her enjoyment of reading. She was quickly demanding a new book every week to keep up with her newfound voracity for reading. Other exercises caused a shift in her centre of balance and hand/eye co-ordination. She even came 3rd this year in the 100 metres race at sports day (previously unheard of!).

In line with all of the other coaches in The Coaching Partnership I had decided on a specialist area and working with people around learning difficulties was mine - an area of personal interest for obvious reasons. So I went to Dublin and trained with Martin in his dyslexia@bay™ system. My first client was an adult in his 40's who had been diagnosed as dyslexic 15 years previously. This was a very special experience for me, too. It's similar to examining a bunch of keys, selecting the right key and unlocking a lock which has never been opened before. Unlocked, the client can now use his natural intelligence, which was always present, to truly express himself.

So, am I a proud parent? You bet! I'm also meeting more and more people who either have learning difficulties, or know someone who does, and I am delighted about being able to assist them in unleashing their potential, too! ■

Call Deborah Price at The Performance Partnership for further details.

Certified Trainer of NLP and Time Line Therapy®, Master Hypnotist, dyslexia@bay™ Consultant & Breakthrough Coach.

deborah@performancepartnership.com

dyslexia@bay™ is the registered trade mark of Martin Murphy.



Training Schedule Update

Introduction to NLP



- Saturday September 22nd**
- **Sunday September 23rd**
Venue - The Hilton London Olympia
- Saturday December 1st**
- **Sunday December 2nd**
- £195.00 + VAT (£229.13)

Accelerated NLP Practitioner Certification®

- Saturday September 29th**
- **Friday October 5th**
Venue - The Hilton London Olympia
- £1649.00 + VAT (£1937.58)
Early booking price
- £1799.00 + VAT (£2113.83)
Less than 30 days before the training
- £65.00 + VAT (£76.38)
Certification fee

Prices include Home Study Pack

Accelerated NLP Master Practitioner Certification®

- Friday November 9th**
- **Friday November 23rd**
Venue - The Hilton London Olympia
- £1800.00 + VAT (£2115.00)
Early booking price
- £1950.00 + VAT (£2291.25)
Less than 30 days before the training
- £65.00 + VAT (£76.38)
Certification fee

Prices include Home Study Pack

Accelerated NLP Practitioner Certification® & Accelerated NLP Master Practitioner Certification®

(Joint bookings should be paid in full 1 month prior to NLP Practitioner Training)

Please tick preferred dates from above

- £3200.00 + VAT (£3760.00)
- £130.00 + VAT (£152.75)
Certification fee

Prices include Home Study Pack

Coaching Skills for NLP'ers



- Wednesday December 5th**
- **Thursday December 6th**
Venue - The Hilton London Olympia
- £399.00 + VAT (£468.83)

Presenting Magically

- Friday October 26th**
- **Sunday October 28th**
Venue - The Hilton London Olympia
- £425.00 + VAT (£499.38)

A Date with Excellence

The Seminar Money Can't Buy



- Sunday October 7th**
Venue - Marriott County Hall, London
- Referral 1
- Referral 2



Think and Grow Slim

- Tuesday October 16th**
- **Thursday October 18th**
Venue - The Hilton London Olympia
- £399.00 + VAT (£468.83)



To book your place on these training programmes or to receive further information please call us on...

020 8992 9523