

RAPPORT

THE MAGAZINE FOR NLP PROFESSIONALS

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No Greater Love



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Highlights from our Social Media Outlets Over the Last Few Months (page 34)



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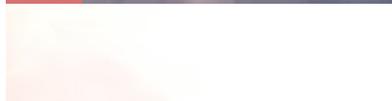
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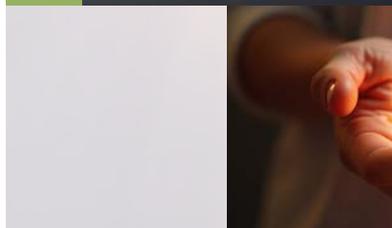
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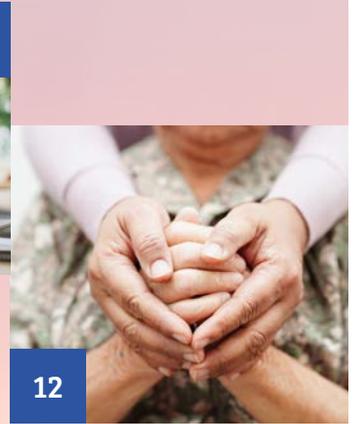
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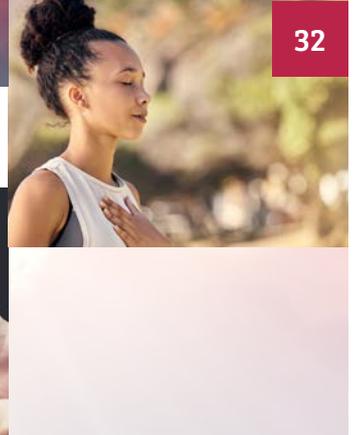
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No Greater Love



Nick LeForce
Transformational Poet

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View
video



I'm Nick LeForce, international NLP and hypnotherapy trainer and transformational poet, with another poetic entry for *Rapport* magazine. I first learned about NLP in 1978 when assigned to read *The Structure of Magic* in a counselling psychology class. I found the material fascinating, but when I looked further into NLP, I learned there was quite a bit of bad press about it. NLP offers the precision of a knife and, like a knife, can be helpful or hurtful – and it had already developed a reputation for the latter. So, when I

began my journey of formal training and eventually became a trainer, I vowed to use NLP with heart.

The NLP presuppositions, when used as operating principles along with attention to ecology, go a long way toward using NLP ethically. But I believe it requires an added layer of intentionality to use NLP with heart. I use the following poem, *No Greater Love*, to convey this idea to my students, clients and audiences.

No Greater Love



My heart is big enough
for you to roam
wherever you wish
and feel you loved.

My patience is deeper
than the canyon
where my voice echoes
in your absence because

I am here for you
whispering into your
dreaming ears,
which are timeless
and know no boundaries:

“Go. Live out your Self.”

And do so without apology
because no matter how far
or how long you wander,
I know that we all must take
the steps on our own path,

and there is no greater love
than the love that gives you
to your Self.

The heart is, after all, the organ of connection, of care, of compassion, and of love. These are the attributes that allow us to use our skills as coaches, therapists and trainers in ways that encourage others to be themselves. This poem is also useful when working with parents as their children become adults and leave the nest. And it can be used with friends, family and others whenever it is critical to let others live their own life on their own terms.

The bonus is that this kind of love frees us to live our own lives as well. May you be blessed to give and receive this love in your own life, for I truly believe there is no greater love than the love you give to yourself. Please feel free to contact me at nickleforce@me.com. ■

NLP Festival Ireland



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Once upon a time we had a dream of gathering together NLP professionals from all parts of Ireland to connect with each other and share our stories and experiences in a fun and engaging event... an NLP Festival in Ireland. We wished and, with a little bit of Disney (strategy!) magic, we imagined our desired outcome – and we took action! And so, last November, in Kilkenny, Ireland's first ever NLP Festival took place.

We were an enthusiastic group of Irish NLP practitioners who had never met in person. During and after the Covid pandemic, some of us began to Zoom on a regular basis to discuss the recorded presentations from the ANLP International Conference. Because we had six months to listen, we frequently met to share our NLP insights, and we developed long-lasting connections. As well as the learnings, we had a lot of laughs and began to wonder how we could go from screen to real life.

The idea of a Fest or Festival sprang from the wish to create a positive buzz and a welcoming space for like-minded people to gather from all over Ireland. We imagined a fun venue where everyone could share their stories, feeling that we are all equal regardless of our level of training. It didn't matter how long we had been immersed in NLP or whether we had trainer status or an introductory cert. The clear aim was to create an atmosphere



of respect, honesty and connection. On reflection, we did it!

As a team of enthusiastic planners, Michael, Bernie and I drew on some valuable NLP strategies. Michael Dunlop is the ANLP ambassador for Ireland and, combining his well-formed outcomes with the eloquence and logistical talents of Bernie Rogers, I felt very comfortable with my creative input. Back in November 2023 when we began our dreaming, we also had the perceptive participation of Liisa Rodriguez. As we brainstormed, she made copious legible notes to keep us all on track.

The idea of a festival sprang from the wish to create a positive buzz and a welcoming space for like-minded people to gather from all over Ireland.

Planning the event using Logical Levels

During this early stage of planning, our vision became clearer: we wanted to build the NLP community in Ireland so we



could collaborate, connect and celebrate our individual and collective stories.

Our uniquely Irish theme emerged: '**NLP Scéalta agus Draíocht**' - '**NLP Stories and Magic**'. Storytelling and legend are a big part of the Irish narrative, and we knew there would be many intersections with the transformative language of NLP. We asked ourselves: What's our story for them? What would that look like, sound like, feel like?

The best way to answer all our questions was to use the clear and insightful format of Robert Dilts' Logical Levels. We easily identified our **purpose**: to showcase NLP at its very best and the many different ways it's being used to make a difference. **Identity**: to be uniquely Irish and collaborate as a team of NLP facilitators. **Beliefs and values**: to be open, welcoming, ethical, fun and professional. **Skills and capabilities**: combining our individual talents, connections and contacts with the professional organisation of the ANLP. **Behaviours**: practicalities of planning and organising an event, e.g. the booking system, insurance, social media etc. **Environment**: where logistically in Ireland would be the best venue? What time of year?

Our meetings with Karen and Kash offered us the professional and administrative support and practical structures of the ANLP, and without this support the NLP Festival Ireland would not have happened. From our very first contact they too got very excited! What if this concept of 'NLP Festival' could be modelled in other countries? Imagine if more NLP Festivals could take place worldwide, creating collaborative, connecting spaces where NLP could flourish? We all learned so much from our planning and the event itself that can be applied to our future NLP Festivals Ireland and to other NLP Festivals that will take place around the world.

In January 2024 we set out to find a venue (the Hoban Hotel in Kilkenny), to secure amazing speakers (James Sweetman to open and Karen Falconer to close) and to outline a day that would be memorable. Our dreams were exploding with possibilities and with little regard for our timescale or financial pockets! On reflection, we have learned so much about future pacing and social media lead-in time. Thanks a million to Shannen for all your expert advice and support!

With a little help from Walt Disney

The best way to contain and shape our enthusiastic aspirations was to look to



that master of magic and practicality, Walt Disney. On a dreary Friday in January, we gave ourselves over to the Disney strategy. Our dream was somewhat curtailed by realistic restraints, in terms of time and finances. However, with our chins held high and our desired outcome firmly fixed, we reframed, believed in our inner resources, and kept going.

Fast forward to the summer, and all our accumulating ideas for decorating a hotel room to look like the country house we couldn't afford! We considered the practical resources we wanted to offer each attendee. How would we weave the content of our schedule with our storytelling theme? Where would we place our keynote speakers? How would we conduct the storyboarding workshop ourselves even though we had hoped for an external facilitator?

We had a busy August continuing our advertising (which, in hindsight, needed a more structured, 'start earlier' approach!) and keeping in contact with the hotel venue. Liaising with our keynote speakers helped us design the flow of the day. Our storytelling theme permeated all our planning meetings, and we got more and more excited about listening to new stories as we counted down the weeks to November.

NLP Scéalta agus Draíocht...

And so to the night before, when the three of us met in person for the first time... real hugs! Our 'quick set-up' turned into

We wanted to build the NLP community in Ireland so we could collaborate, connect and celebrate our individual and collective stories.

hours as we brought in all our materials, decorations and props to create a space that displayed our theme straight away: NLP Scéalta agus Draíocht...NLP Stories and Magic. To welcome our attendees, we had a magical tree, fairy lights, sparkly centrepieces for each table and, of course, Disney characters, along with rocking chairs, lanterns and stacks of books. A veritable NLP library! Our efforts at making a clothesline of backdated *Rapport* magazines didn't quite work out and we had to dig deep to discover our flexible-thinking capabilities!

Our Irish language is very important to us, reflecting a culture of magic and storytelling, so each table was named with specific NLP words, in English and 'as Gaeilge' (in Irish), for example: Flexibility (**Solúbthacht**), Curiosity (**Fiosracht**) Imagination (**Samhlaíocht**) etc.

Next morning, we welcomed NLP professionals from all over Ireland with coffees and cakes and 'People Bingo', a fun, high energy way of mingling and chatting. (Great idea, Bernie!) The tone of our gathering created instant rapport and everyone was ready to listen, learn and share as the day unfolded. In his opening address, Michael emphasised our wish to build the NLP community across the island of Ireland, collaborating, sharing our stories and creating magical moments and connections.

Our keynote speaker, James Sweetman, captivated us with his personal stories of how NLP continually empowered him through some very challenging times. As an author, coach and motivational speaker, he described the time in his professional career when he felt unfulfilled, when his values were 'unexercised' and 'screaming for attention'. He beautifully described how his NLP knowledge, skills and attitudes supported him on his journey and continue to do so. As promised, we had 

laughter, reflection and even a few tears! We were all touched by James' story and his gems of wisdom will remain with us into the future.

During the break, James mingled with everyone, listening and chatting in turn. Informal stories exchanged, hearts lifted, connections forged.

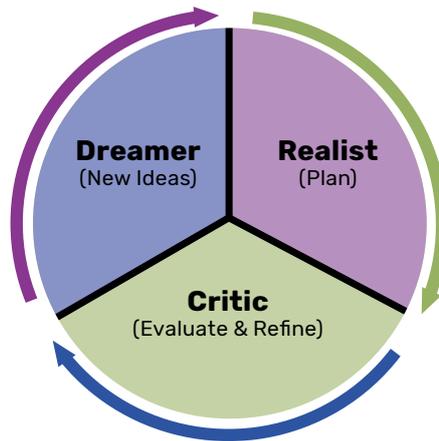
Our first workshop was suitably entitled 'The Story of You'. Yet again, that wonderful tool, Dilts' Logical Levels, provided the ideal framework for NLP pairs to share their Scéalta (stories). All three of us took turns to pose questions to guide and direct:

- **Environment (Where and When):** Your background; where you're from; where and when you came across NLP; where and when you use NLP
- **Behaviours (What):** What brought you here; what you do; what do you use NLP for?
- **Skills and Capabilities (How):** How do you do what you do; what skills and capabilities have you gained from using NLP?
- **Beliefs and Values (What's Important and Why):** What do you value most about NLP; what's important about it for you; what's your favourite belief/presupposition from NLP; why?
- **Identity (Who):** Who do you use it with? Who are you being when using NLP? What role do you play?
- **Purpose (For Who/What Else?):** What's the purpose of NLP for you? What's your purpose for being here today? What's the bigger picture for you?

Of course, time flew as everyone shared stories. Such varied backgrounds! So many NLP trainers, practitioners and coaches (as you would expect!), and also an acupuncturist, a reflexologist, a beautician, a teacher, a nurse, and a peacemaker who has worked with two of the original developers of NLP, John

Grinder and Frank Pucelik! All levels of NLP training, experience and interest were represented, and all were very welcome to our first ever NLP Festival here in Ireland.

After lunch, Lucy donned her Minnie Mouse ears and played some magical music as we introduced a much-loved NLP technique, The Disney Strategy, to help each person examine their own story. Michael, Bernie and Lucy facilitated a personal journey through the strategy by leading people through the following elements:



- **Dreamer** – If you could tell a story about anything... what would it be?
- **Realist** – Realistically, which of these stories will you tell? What needs to be in your story? How will you tell it?
- **Critic** – Where might it go wrong? Where are the gaps? What would someone from the outside think? What can you do to influence or address this?

All our NLP professionals had colourful paper and pens and stickers to reflect their stories in an imaginative creative way, just like Disney!

As promised, we had laughter, reflection and even a few tears!

Our next workshop was based on storyboarding, where each person mapped out in pictures and/or words their own individual story journey. Again, this provided an imaginative yet structured way to explore our own individual stories.

These sub-headings prompted different elements of our stories for us to consider and expand upon: Backstory, Characters, Challenges, Superpowers, Relationships, Villains, Timelines.

We plotted the beginning, three major milestones in the middle and an ending, including our vital superheroes and inevitable villains (with background music to match!). A very interesting correlation to NLP was the plotting of emotional state on a graph representing our timelines, illustrated with emojis.

Our final speaker was Karen Falconer, CEO of ANLP, who zoomed in with such energy and enthusiasm that it felt as if she was really in the room with us. Karen related her story and the story of ANLP. Her eloquence and professionalism jumped off the screen as we relayed questions to her from the floor. She outlined the support and community that ANLP provides for members and her vision for the future.

Of course we ran out of time! We concluded by looking to the future of NLP in Ireland. We asked for ideas for building on the spirit of the day to grow the NLP community and captured some wonderful suggestions. We have two offers of input for our 'next' NLP Festival here in Ireland and have an emergent theme! We finished the day with a group photograph, happy music, hugs all round and promises to meet, both in-person and online.

We hope 'our' story will help you organise an NLP Festival near you, so that you and your NLP professionals can also share your NLP stories. Enjoy! ■



NLP Festival

Enjoy time and space to connect with like-minded NLP professionals



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Loving Your Life: A Transformative Approach to Living with Intention and Connection



Gayle Young

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www.gayleyoung.co.uk/
loving-your-life-by-design/

Instead of waiting for love to appear, I learned to engage in loving activities, thoughts and actions every day.

Listen
to your heart

In a world filled with distractions and pressures from work, relationships and societal expectations, it's easy to lose touch with what it truly means to love our life. We often view love as something we either have or lack, something given to us or withheld. But what if love isn't a thing at all? What if love is something we actively do? This insight has been central to my journey through Neuro-Linguistic Programming (NLP), mBraining and Positive Psychology, which together offer a powerful roadmap to a more fulfilling life.

Reframing love – from noun to verb

When I first encountered the idea of love as a verb, it was eye-opening. As Grant Soosalu highlights in *Loving Your Life!* we often treat love as a noun – a static thing we either possess or don't. This mindset leaves us feeling that love is beyond our control, something that must come from others or external factors. In NLP terms, this is a form of nominalization – treating an action (love) as a static thing.

Soosalu challenges this perspective, urging us to see love as a process – something we actively cultivate through intention and attention. This shift was profound in my own life. Instead of waiting for love to appear, I learned to engage in loving activities, thoughts and actions every day. This wasn't just about loving others but also about loving myself.

Love became something I actively did – through small acts of kindness, gratitude and self-compassion. The more I engaged in love as an action, the more love flowed freely in my life.

Applying NLP and mBraining to your life

The key concept in both NLP and mBraining is focusing on what matters most. Soosalu's *Loving Your Life!* emphasises aligning our attention with our deeper values, desires and goals. When we focus on what enhances us – our inner strengths, values and aspirations – we begin to see meaningful change in our lives.

A central principle in NLP is reframing – changing how we interpret a situation to alter our emotional response. This is essential when it comes to loving yourself and your life. We often

get trapped in limiting beliefs such as “I’m not good enough” or “I’ll never succeed.” These beliefs are the result of how we frame our experiences. Reframing allows us to see new possibilities for growth and success.

An important tool in NLP is becoming aware of the language we use, both to ourselves and others. The words we choose shape our reality. By focusing on positive, affirming language, we train our minds to seek solutions rather than problems.

Moreover, mBraining integrates the wisdom of the heart, head and gut. Shifting our thoughts is important, and learning to balance our emotions and gut instincts enhances our decision-making and well-being. Listening to and aligning these three centres of intelligence is crucial for a life that feels authentic and fulfilling.

Experiencing the flow of loving your life

One of the most valuable insights I gained through exploring *Loving Your Life!* was Mihaly Csikszentmihalyi’s concept of flow. In *Flow: The Psychology of Optimal Experience*, Csikszentmihalyi describes flow as a state of total immersion in an activity, where time seems to disappear and the activity itself becomes its own reward. This state is marked by focus, creativity and inner peace.

I’ve experienced flow many times, whether working on a creative project, having deep conversations, or being fully present with someone I love. The key to flow is engaging in activities that challenge you just enough to stretch your abilities without overwhelming you. These are the moments when you feel most alive and connected.

Shifting our thoughts is important, and learning to balance our emotions and gut instincts enhances our decision-making and well-being.

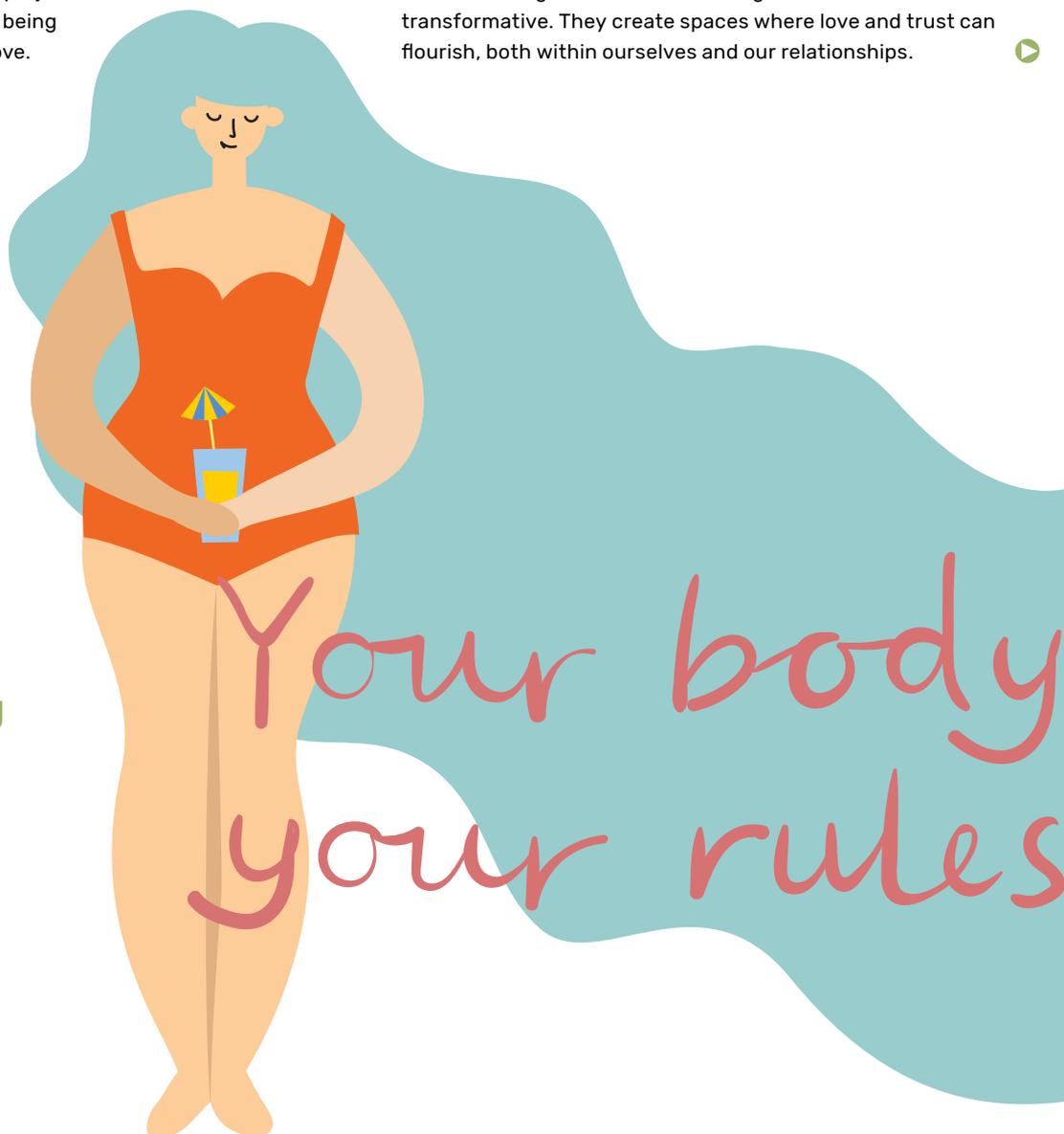
When in a state of flow, you’re fully engaged in the present moment. You’re not dwelling on the past or worrying about the future; you’re simply experiencing life as it unfolds.

These moments highlight that loving your life is about actively participating in the world, rather than passively waiting for positive experiences. Flow is a powerful state that helps us feel alive, connected and engaged.

Building connection with others

Connection is another key component of loving your life. As social beings, meaningful connections with others are vital for our well-being and happiness. Barbara Fredrickson, in her book *Love 2.0*, discusses the importance of “micro-moments of connection” – small, fleeting moments of interaction that can profoundly impact our emotional and physical health. These moments – whether a smile, a kind word or a gesture of empathy – release oxytocin, the ‘love hormone’, and foster trust and connection.

Reflecting on my experience with the *Loving Your Life in 30* programme (<https://www.gayleyoung.co.uk/loving-your-life-courses/>), I’ve witnessed the power of these micro-moments. One participant shared, “What a gift to be heard, seen, and listened to each day, sharing from our authentic selves. The value of all inputs and sharing are so enriching and nourishing.” These moments of genuine connection are transformative. They create spaces where love and trust can flourish, both within ourselves and our relationships.



Be good to yourself



align my thoughts, feelings and instincts in a way that feels authentic.

When I began practising self-love in this way, I noticed a profound shift in how I engaged with the world. The more I loved myself, the more love I was able to offer others and the life I was creating.

- ▶ Through collaborative teamwork, I've seen that love doesn't need to be grand or dramatic to be effective. Small, consistent actions – like a thoughtful word or a simple gesture – can have a significant impact on our sense of belonging and connection. As we engage authentically with others, we reinforce a cycle of positive connection and personal growth.

A key to loving your life

The most important lesson I've learned on this journey is that to truly love your life, you must first love yourself. This doesn't mean ignoring your flaws or pretending to be perfect – it means accepting yourself as you are, embracing your strengths, and being compassionate toward your weaknesses. It's about recognising that you are worthy of love, exactly as you are.

NLP has been a powerful tool in helping me overcome limiting beliefs and self-doubt. Through reframing, I learned to see myself not as a series of failures, but as someone capable of growth and change. With mBraining, I've learned to listen to my heart and gut, trust my inner wisdom, and

As social beings, meaningful connections with others are vital for our well-being and happiness.

Embrace the process of loving your life

As you embark on your own journey of loving your life, remember that love is not a destination – it's a process. Whether you're practising gratitude, engaging in flow, connecting with others, or embracing love as a verb, every step brings you closer to living a life filled with intention, connection and joy.

By applying the insights from NLP, mBraining, positive psychology, and the teachings of *Loving Your Life!* you can cultivate a life that reflects your deepest values and desires. The power to love your life fully is in your hands. Start today and watch as love flows through every corner of your existence. ■



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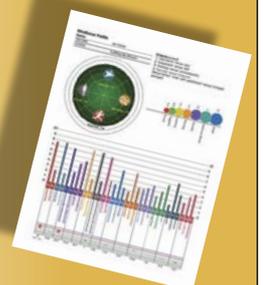
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The eCoherence Zone:

Who Moved My Rocks?



By Lizzi Larbalestier, ANLP Regional Ambassador for Cornwall and the NLP Specialist Envoy for the Environment and Oceans. www.anlp.org/people/lizzi-larbalestier

Okay, I know the well-known book title is *Who Moved My Cheese?* but bear with me. About two miles off shore where I live are Bawden's Rocks – otherwise referred to as Man and Boy, or Cow and Calf, amongst other things, so you can likely envisage that one is bigger than the other. I see them nearly every day when out walking my dog Goose, and it never ceases to amaze me how much they change. Depending upon where I am on the coast path, there can appear to be one rock or two, and their shapes shift dramatically with each new perspective. Even their comparable sizes change – it really is fascinating.

But it's their scale and position that has most puzzled me, since they seem to move. Sometimes they look to be vast and pretty close in; on other days, they appear to be a long way off. Their significance in the landscape (or seascape) varies considerably. I've come to learn that this is likely to be Snell's Law in play, bending light when the air has a higher or lower humidity, the variable refractive indices of water density playing a role in distance perception.

Aside from physics, focus and depth of field (metaphorically and literally) are topics that nature can encourage us to question. Much like the navigation points in our lives, when we set milestones their clarity can be fluid, and it can feel like the gaps between the steps we have planned out are decidedly 'stretchy' depending upon the conditions we find ourselves in.

For instance, if we were taking a photograph of static rocks in a seascape, we would consider capturing a snapshot in terms of focal length – the distance between us; aperture – how widely we view our subject (also impacting depth of field and how much light is shed); and, of course, shutter speed – the level of exposure we allow. We would also acknowledge that our frame of mind would impact our results.

Rich metaphors indeed, and of course all these considerations can be applied to goal setting, remembering that the environmental conditions are changing all the time and can easily blur the best laid plans.

So, much like Bawden's Rocks, think about your aims and intentions, and explore how the distance between you and your first milestone is perhaps creating a lack of clarity. Ask how the conditions within and around you might be distorting or displacing the connection between you and your aim.

Ask yourself how you can adjust your scope of awareness, if helpful. Widening your depth of field, for instance, might uncover some stepping stones to get you to the next milestone, or narrowing your focus might provide you with additional detail you had previously missed.

Allow yourself to review your trajectory for long enough to sense the potential and ensure you observe your goal from multiple perspectives, acknowledging how it sits within a wider context.

Finally, be okay with the fact that the way you see your goal is open to change. ■





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video



In the words of the author Douglas Adams in his iconic work *The Hitchhiker's Guide to The Galaxy*, "Time is an illusion, lunchtime doubly so." Written in humour and yet grounded in fact, Mr Adams is certainly a guy who knows where his towel is!

The idea that time is an illusion isn't just an existential thought, it's a concept grounded in the study of physics.

In the realm of quantum mechanics, the perception of time takes an even more fascinating turn. Some physicists argue that at the fundamental level, time may not exist at all. Carlo Rovelli, a renowned theoretical physicist, explores this idea in his book *The Order of Time*. Rovelli states, "The difference between past, present, and future is only a stubbornly persistent illusion." His work suggests that our linear perception of time, where moments pass from future to present to past, is a

construct of human consciousness rather than a reflection of reality.

Further supporting this notion, Julian Barbour, a British physicist, posits that time is merely a series of 'nows'. In his view, all moments exist simultaneously, and what we perceive as the passage of time is simply a way of navigating these moments. Barbour's perspective aligns with the idea that time is not an external entity, rather an internal mechanism to order our experiences.

NLP and the perception of time

While physics provides a theoretical foundation for the illusion of time, NLP and neuroscience offer insights into

Time is a human construct of human consciousness.

how you perceive and experience time. Your brain is equipped with various mechanisms to track the passage of time, yet these mechanisms are far from perfect.

One key aspect of time perception is the brain's reliance on internal and external cues, like your sense of day and night. Your subjective experience of time can be influenced by many factors, including attention, emotion, activity and how you naturally 'perceive' time. So, not having 'enough' time is simply a product of perception.

In NLP, the concept of your perception of time is often simplified by creating a linear (or not) visualisation of your past, present and future; a line, if you like. Even though 'now' is all there is in reality, visualising your own perception of time allows you to sort out your 'memories' and 'aspirations' and to rationalise them



Problems are often rooted in time and time is an illusion.

in terms of their emotional content, facilitating a greater focus on 'now' without interference from the past. Time can be viewed as a mental framework rather than a strict boundary.

Embrace the idea that time is not a rigid constraint, more a mental framework you can navigate. As Albert Einstein aptly put it, "The only reason for time is so that everything doesn't happen at once."

The difference between the past and the future refers only to our own blurred vision of the world. Our perception of the passage of time depends on the fact that we cannot comprehend the world in all its minute detail. This is a distortion that is produced by myopia. If we could perceive



every molecule then the future would be exactly like the past.

In general thinking, there is your past, all the events that happened before what you term as now. There is your future, the events that will happen after the moment you call now. Between the past and future there is an interval that is neither past nor future and still has duration, however small. That moment is now, and every problem can only exist in now.

Understanding time as a human construct

Where did we get time from? It helps to free up your thinking if you understand time as a human construct. For centuries, we have divided time into days. The word 'time' derives from an Indo-European root 'dai', meaning 'to divide'. We divide the days into hours. For many centuries, hours were longer in the summer and shorter in the winter because the 12 hours divided the time between dawn and sunset. The first hour was dawn, the twelfth was sunset.

Sundials, hourglasses and water clocks existed in the ancient world, in

the Mediterranean regions and China.

They did not play the same role as they do today in organising our lives. It was only in the 14th century in Europe that mechanical clocks began to regulate our lives. Cities and villages built their churches and bell towers with clocks to regulate the rhythm of collective activities. The era of clock-regulated time had begun.

The usefulness of clocks resides in the fact that they all tell the same time; this is a very modern idea. When travel was on horseback, foot or carriage, there was no reason to synchronise clocks between one place and another. Midday is, by definition, when the sun is at its highest. Every city and village had a sundial that registered the moment the sun was at its midpoint, allowing the clock on the belltower to be regulated with it. Of course, the sun does not reach midday at the same time everywhere because the sun moves from east to west.

In the 19th century the telegraph arrived, trains were commonplace and fast, and the problem arose of properly synchronising clocks between cities. It 

was in the US that the first attempts were made to standardise time. It was proposed to standardise time across the globe and fix a universal hour. So, midday in London would be a totally different time in New York. This wasn't well received, as people were attached to local time. In 1883, the idea of dividing the world into time zones was suggested as a compromise. Time was standardised within each zone.

What is time?

Aristotle was the first to ask the question, "What is time?" He concluded that time is the measurement of change. Things change continuously and time is how we count the change. Time is what we refer to when we ask "When?"

A minimum interval of time exists, below which there is no time. The world is made of events, not things. The entire evolution of science would suggest that the best grammar for thinking about the world is that of change, not permanence. Not of being, of becoming.

There are crucial differences between how we perceive the past and the future. The past leaves traces of itself in the present. Traces are everywhere: craters on the moon, fossils, books of history, memories in our mind. The future does not hold the same traces. The traces of the past produce the familiar sensation that the past is determined. The lack of traces of the future lead us to believe that the future is open. The traces of the past enable our minds to create an extensive map of our past. So, we believe

we can choose a future and not act on the past. This is what we call 'deciding'. We think in terms of 'causes' that precede 'effects'.

We say that the cause of a future event is a past event. The future would not unfold as it does if not for that cause. Memory, causes and effects, the determined nature of the past and the indeterminacy of the future are just names we give to understand the improbability of the past state of the universe. All memories are particular to a point in time. Causality, memory traces, the history of the world can only be an effect of perspective. So, the study of time returns us to ourselves.

Time as an illusion

We all identify with a model of the world. We are a complex process that reflects the world and elaborates the information we receive in a way that is strictly personal. We are histories of ourselves. We are our thoughts full of the traces of the past. It is memory that holds together the processes through time of which we are made. In this sense, we exist in time. To understand ourselves means to reflect on time, and to understand time we need to reflect on ourselves. The mind interacts with the passage of time and establishes bridges between the past, present and future. It uses memories of the past to predict the future.

We are always in the present; the past is the past and therefore doesn't exist, and the future is yet to arrive, so it doesn't exist either. We are in a present which

is instantaneous. Time is shaped by our internal sense, how we order states within ourselves. So, reality is formed only by memory and memory is a collection of traces. We are stories contained within our minds. Lines drawn by traces left by the mingling together of the things in the world and orientated towards predicting events in the future.

We know we are myopic. We barely see a tiny window of the vast electromagnetic system that is emitted by things. We don't see the atomic structure of matter or the curvature of space. Our thinking is prey to its own grammar. It took only a few centuries to move from devils, angels and witches to atoms and electromagnetic waves. We hide our emotions, as they propel us forward and drag us back, in our words. Our words compel us to act, or not. Our emotions drive us.

Given that time can be perceived as an illusion, how can you apply this understanding to improve your utilisation of time? Embrace the concept that time is flexible and you can influence your experience of it. This mindset shift can alleviate anxiety about deadlines and allow you to approach tasks with a more relaxed and focused attitude.

Consider how your beliefs about time influence your behaviour and stress levels. Challenge the notion that time is always running out and that you must constantly rush to stay ahead. Instead, cultivate a healthier relationship with time by recognising that it's a construct you can navigate rather than a relentless force you must obey. ■

Identity is shaped through a story told by traces of the past.



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Why is Continuing Professional Development (CPD) So Important?



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We have been issuing CPD certificates for the NLP International Conference for several years. CPD records are part of the ANLP Professional Standards module on the ANLP website. Recently, one of our Accredited Trainer Members proudly announced (and rightly so!) that her courses had been certified by a CPD company as meeting their CPD criteria, and any of her students taking her courses could claim the CPD points associated with it.

This is a big deal. For many companies, CPD is now a recognised part of ongoing training for staff. Some companies have made it mandatory for the employee/staff member to maintain their professional status, part of which is ensuring there is CPD included every year, and a report/record produced as evidence of that CPD.

Why is CPD so important and why do so many companies require it?

It might be argued that CPD is a recent

label for something that has been going on for decades... possibly centuries! Studies into pyramid builders in ancient Egypt show that they honed their skills over time. Even before them, humans changed from having rough or no shelters to caves and houses built from materials readily accessible to them. They learned

ANLP provides an easy-to-follow framework for recording CPD as part of the Professional Standards module on the ANLP website.

as they went and found ways to improve over a period of time.

What CPD is generally required?

Putting a label on CPD may mean we are better able to focus on specifics and improve those skills that are important in order to become as unconsciously competent as possible. Continuously reflecting, reviewing, adapting and



learning gives us the opportunity to perform at our peak. This can allow us to build up to and retain the 'professional' tag that distinguishes the better practitioner of their art or science from those who are less practised, skilled or specialised. The theory is that the more we do this process of CPD, the better we become – at our job and in our lives too.

This links well with the Four Levels of Competence model that many of us learn on our NLP trainings:

- Unconscious incompetence
- Conscious incompetence
- Conscious competence
- Unconscious competence

CPD can improve us on any of these levels to move us to the next and, once we reach unconscious competence, can help us to remain there when we are faced

It is important to record your CPD, either with a certificate or time log or something else that might be independently verified.

with an environment that may change rapidly. CPD can help us to remain flexible and adaptable.

How do we 'do' CPD?

Again, many companies specify what they accept as CPD, and it broadly falls into two categories: Formal CPD and Informal CPD.

Formal CPD is structured learning with clear objectives and outcomes. It might take the form of a professional course/training and may have an assessment to measure the results or progress.

Informal CPD is less easy to define and might be any self-managed learning.

The crucial piece, to be considered CPD, is that it must be *relevant* to the professional role it is being counted towards. This is important. As a car

mechanic, taking a course or reading a book about baking cakes may not be seen as *relevant* CPD for the job. If you go to a networking event with other car mechanics, that might be considered CPD. The key is then to be able to demonstrate that you learned something at the event, which leads on to the records you keep.

What if I am asked to provide evidence of CPD?

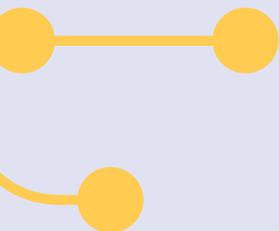
It is important to record your CPD, either with a certificate or time log or something else that might be independently verified (such as a journal or electronic document that is time and date stamped). Another effective way is to write a reflective piece about the CPD you undertook, recording what you learned, how it affected you and your perspective/approach to your work, and how you think you can apply it.

ANLP provides an easy-to-follow framework for recording CPD as part of the Professional Standards module on the ANLP website. Recording your CPD e.g. reflective journals, sessions with your supervisor, trainings, etc. can be submitted to demonstrate on your member profile that you are doing CPD and keeping your own professional standards.

As a professional body, ANLP has now defined their own criteria for CPD, so that you can officially provide ANLP-certified CPD certificates to your employer, the education and health sectors, as well as many other organisations.

This means anything that bears the ANLP Certified CPD logo will have met the ANLP CPD criteria and can be used as CPD for your ANLP Professional Standards records and for your work/employer. The NLP Conference, Festivals and Masterclasses will bear the ANLP Certified CPD logo in future, as will the ANLP Virtual Workshops which take place from May onwards each year.

NOTE: As part of our commitment to ANLP Accredited Trainers, they will also receive the ANLP Certified CPD logo to show that their NLP courses meet the criteria and are recognised as ANLP Certified CPD. ■



Strategies for Storms and Other Times When Your Normal Strategies are Gone



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Our brains are not just for remembering things but for thinking, evolving and doing more of what we were put on this earth to do.



I started drafting this during the red weather warning for Storm Éowyn. In the nearly six years I've lived in the Wild West (of Ireland) I've learned strategies for preparing for storms, but I never imagined losing phone signal (for days) as well as Wi-Fi (for over a week) and electricity (for several days).

Before we lost the power, I'd filled a couple of Thermos flasks with boiling water before bed and, at 4am, suddenly thought to heat a big bowl of dal to put in a food flask for me to eat at breakfast time. A torch, candles and lighters were dotted around, and I'd put everything I thought might be a flight risk in the open shed. I'd felt prepared.

I didn't have clients until the evening, and I figured I'd hotspot from my mobile data on my laptop battery if power and Wi-Fi and weren't back.

I lay in bed doing EFT tapping on myself for much of the night ("Even though I'm scared, I deeply and completely love and accept myself..."). When the sun was up enough, I ventured to look out of the windows. The front lawn had become a lake and the giant metal outdoor fridge that had been in the back before I moved in (never in working order) was decimated.

Before realising I had no phone signal, I'd been waiting for additional updates from my firefighter partner. He's on call 24/7 and they'd all been brought into the station for the duration and told to respond only to calls about life-threatening emergencies. I was also

concerned about my parents and others.

I still thought it would be over within a few hours, hopefully by noon (without mobile data, I couldn't see if the weather report had evolved, but I hoped so), so I decided to do a gratitude practice for a gorgeous (eventual) sleep. Then, not wanting to get up with no heating, I read between two of my rescue cats, Rainbow MagnifiCat and Meadbbh, who are finally becoming friends.

I was so grateful for the new roof, which had been such a huge unexpected expense in 2023. Even with it, I'd felt like the house might become airborne. I'd hardly slept all night as I kept imagining being whisked up into the air in County Mayo, where I live, and flying across Ireland to land on the other side, in County Kerry, like something out of *The Wizard of Oz*.

At a certain point, I felt deep peace. The wind was cleansing. I used sensory acuity to judge when it might be safe to venture out to find out more. My nearest neighbour is a five-minute walk away. Their driveway was flooded, but I saw her husband and he shared news of the wreckage.

"How do you *know*?" I asked, in wonder. He seemed to know what he was talking about. What kind of newfangled tech did they have access to?

"Radio," he said.

"But how? Without Wi-Fi and power?"

"Batteries," he said.

Of course. The way I grew up listening

to music! I'd completely forgotten. I've now chosen a battery-powered radio / power bank / torch to support me through future storms.

Having lost most of my frozen food, I've adapted by deciding to mostly restock the now-working-again freezer with foods and soups I can heat on my new camping stove. At least I could drive in and out of town to send messages and emails and even see all my online clients and supervisees.

I keep thinking how lucky we are. Many still have weeks ahead without power. Much of the world is impacted far more severely than us, even though their contributions to the causes of climate change are far less. While Storm Éowyn is the worst I've experienced so far, noting what is working and isn't working and adapting our approaches accordingly is essential in any storm. The climate catastrophe means storms will become more and more frequent and it feels insane that, as a species, we're not setting more well-formed outcomes around saving our life support system, the planet.

How might you prepare for literal and metaphorical storms?

- What childhood staples might be useful again in the future?
- What are your torch, candle, radio and camping stove equivalents?
- How might you connect with others who share your interests and concerns? ■

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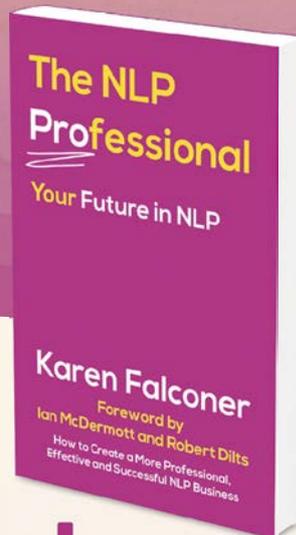


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