

NEURO- LINGUSTIC PROGRAM

NLP stands for **Neuro-Linguistic Programming**, a name that encompasses the three most influential components involved in producing human experience: *neurology*, *language* and *programming*. We are regulated with the neurological system of the body NLP technique in Training is the fastest tool adapted to train the mind. It regulates mind body functioning and shapes an individual's as per their innate desires.

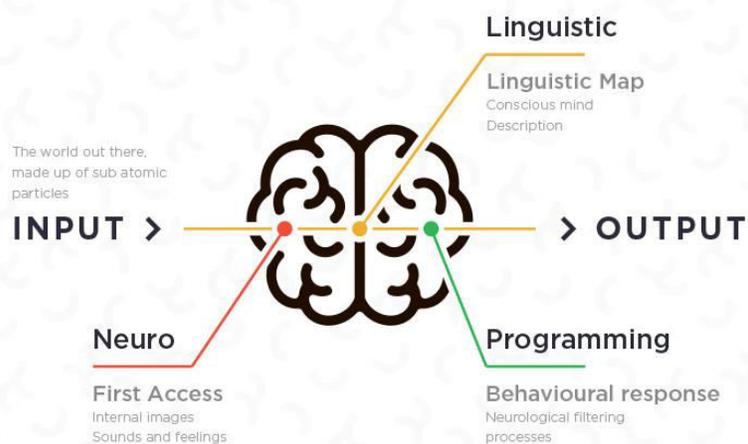
An individual responds to the stimulus as per the individual representation of its perception. Neuro-Linguistic Programming describes the fundamental dynamics between mind (Neuro) and language (linguistic) and how their interplay affects our body and behavior (programming).

NLP is self exploration, it involves strategic thinking and deciphering the cognitive process of an individual. It also provides a framework for understanding and relating to the spiritual part of human experience that reaches beyond us as individuals to our family, community and global systems. NLP is not only about competence and excellence it's about acquiring wisdom & vision.

Essentials of NLP

- Self awareness for mindfulness
- Self management for effectiveness
- Social awareness for understanding people
- Relationship management for managing people
- Dealing with challenges more effectively
- Improving self confidence
- Enhanced well-being & peace of mind

PROCESS



NEURO

Our mind forms mental images on the basis of the interpretation of the stimulus our cognition polishes as we proceed in life. Our mental images impact our mental maps. Our first mental map of the world constitute of internal images, sounds tactile awareness , internal sensations, taste smells that form as result of the neurological filtration.The first mental map is called “ **First Access in NLP.**”

LINGUISTIC

We assign personal meaning to the information being received from the internal world. The second mental map is called the Linguistic Map (sometimes known as Linguistic Representation).

PROGRAMMING

The behavioral response that occurs as a result of neurological filtering processes and the subsequent linguistic map.

Modeling is the core activity in NLP, and is the process of extricating and replicating the language structure and behavioural patterns of an individual

who is excellent at a given activity. This Process helps an individual to get a detailed insight about its functioning and positively impacts its dynamics with the society.