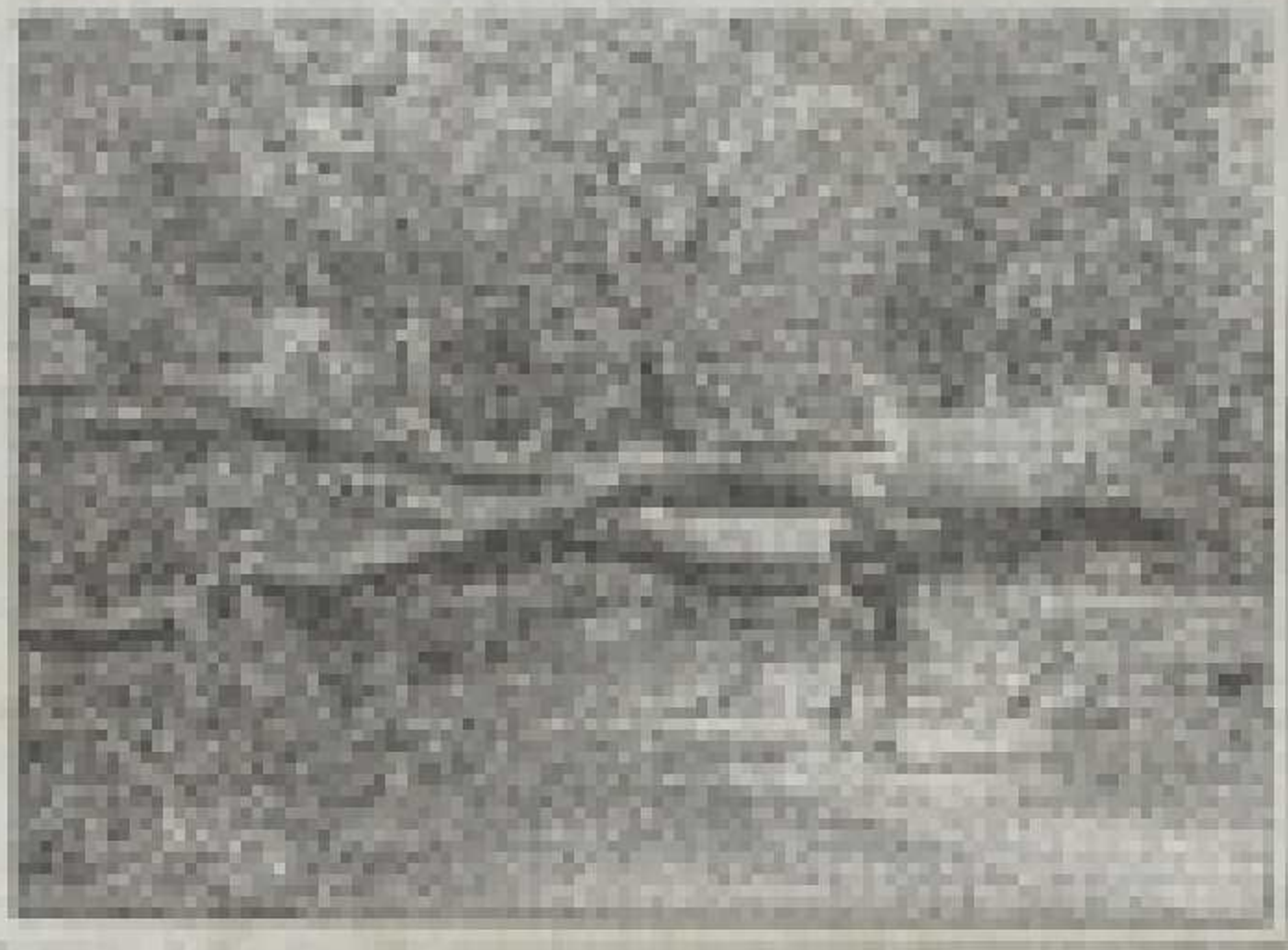


Trainers suggest Neuro-Linguistic Program for better life

By Our Staff Reporter

Can we send signals through our brain that can help make positive changes in our lives?

Trainer Arul Dev says we can. He says this can happen through what is called Neuro Linguistic Programming (NLP) processes.

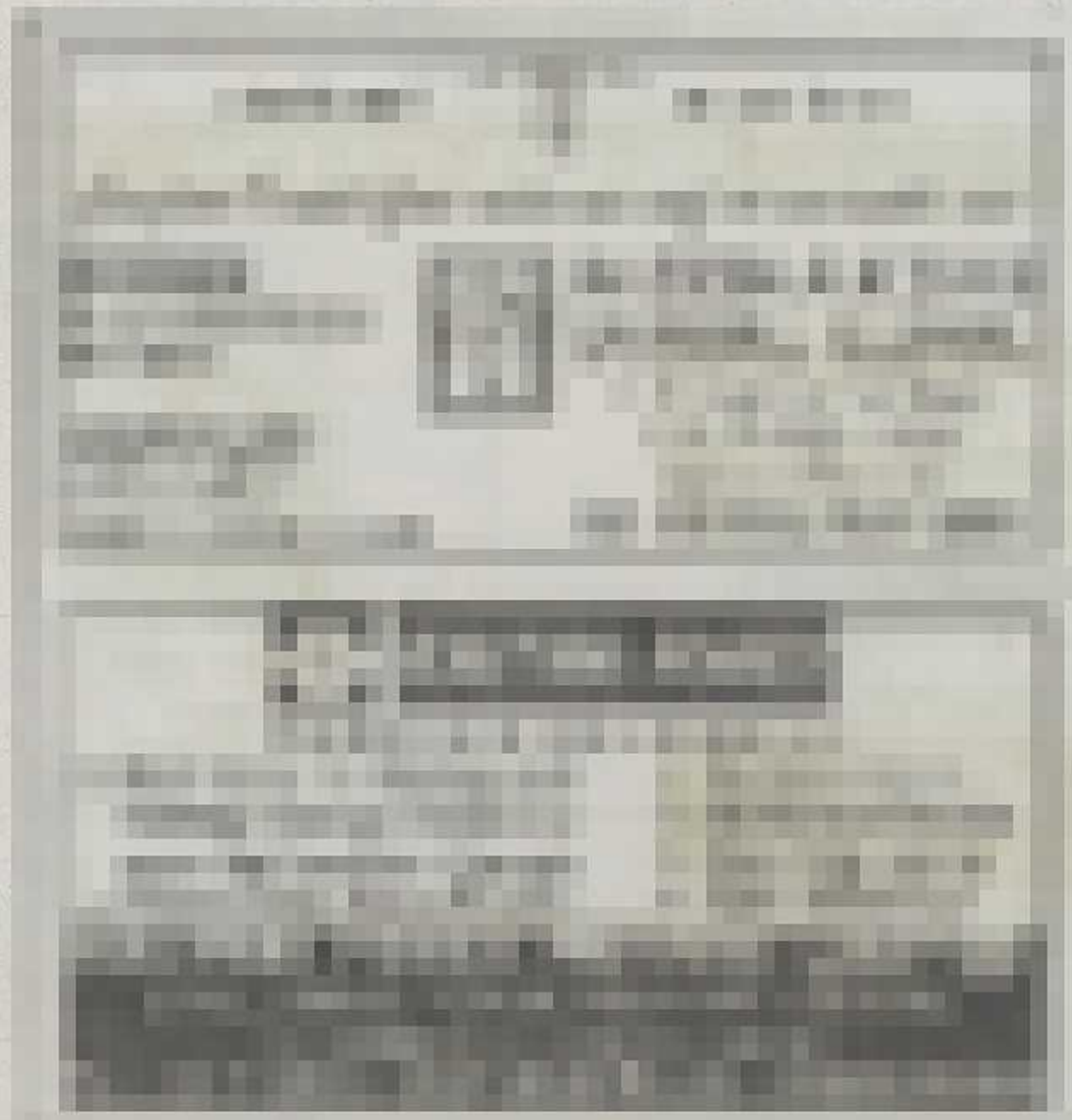
Dev and his colleagues are hosting a NLP workshop next weekend. It is promoted by two bodies.

One is People First Consultants which is a HR Consulting firm that has been in the field of training, development and consulting for the last ten years. The other is Oneiric, a centre for psychological assistance and life skills development. Oneiric focuses on wellness of the body, mind and spirit, creating holistic personal growth amongst individuals.

People First and Oneiric are organizing this experiential training workshop, called 'Path of Balance' for participants to experience and learn to use Neuro Linguistic Programming (NLP) processes.

Dev, whose office is at Seethamma Colony in Alwarpet, says that NLP began in 1975 and results have proven that NLP techniques and processes are highly effective in creating fast, long-lasting and holistic changes in one's life.

He says this workshop is for 'anyone who is interested in personal growth and transformation'.

The program allows people to examine all aspects of their life - physical, emotional, mental and spiritual - and bring harmony to all areas.

The workshop is conducted by two NLP and life skills development trainers, Sampoorna G L and Arul Dev. Interested people can call at 93812-08602. The workshop is to be held on July 30 and 31.