

Change yourself and others using powerful and empowering NLP techniques

Have you ever wondered why you repeat the old behavior? Negative emotions and limiting beliefs tend to be stronger than your logical conscious mind and as habits / patterns are generated and stored by the unconscious mind the change needs to occur at the unconscious level! If it were as easy as saying 'I will give that up right now' then we would all be our own therapists, but the mind has its own language.

Make a Quantum Jump!





NLP stands for Neuro-Linguistic Programming. NLP is like learning the language of your own mind! Developed by Richard Bandler, John Grinder. NLP explains how we process the information that comes from outside to within. May sound simple but we have a tendency to Delete, Distort, Generalise, filter with Values, create Beliefs and Memories and finally take decisions about an occurrence. We make associations between experiences. Loosening the current model of your mind, do a change work to ignite the desired state

**NLP IS THE BRIDGE
BETWEEN YOUR
PRESENT STATE AND
YOUR DESIRED STATE**

NLP uses scientific methods to remove the faulty programmings which are affecting your daily lives by Improving what you already do now, helping you conquer your personal & business challenges such as:

Personal

- Changing past memories
- Phobias
- Changing beliefs
- Cravings/ Addictions
- Strengthen Relationships
- Setting future goals
- Weight management
- Negative Behaviors
- Identifying conflicts
- Physical pain relief

Business

- Improved leadership
- Coaching
- Sales
- Effective trainings
- Art of effective communication
- Confidence
- Public relations
- Achieve desired goals & targets





**Join to experience the
miraculous difference
in your own life and
welcome the real you.**

Ambika Nair M.Sc, RD, CDE
Clinical Nutritionist
Professional Life Coach

- NLP diploma laid by (ANLP)
- NLP Practitioner
- Breakthrough coach with time line technology
- Hypnotherapy Practitioner
- EFT Level 3 Practitioner
- Inner child matrix re-imprinting
- Reiki Grand master
- Crystal Healer and therapist
- AAMET,UK certified Level 2 Practitioner in Pune
- 250 + EFT and Psychotherapy cases.
- Bach Flower therapy (BFT)
- Certified REBT/CBT Therapist

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