

TINA
TAYLOR

FEBRUARY 2016,

ISSUE 3

Happy New Year

It's usually around now that many people find that they aren't quite keeping to their new year resolutions the way that they hoped to.

How is it that you can be so determined to do something, to make that change one moment and then the next

Millions of people each day face obstacles to reaching their goals; some find a way to deal with these whilst a vast majority do not. Some people don't know how, can't find the motivation or resources needed. Some may even think that there isn't a way to change the way things are.

So many people complain about not being able to achieve their goals, not being able to stop smoking, change their career, move, go to the gym, become solvent.

Yet so many when asked what they want tend to think about all the things they don't want. I don't want to be poor, I don't want to be anxious; by doing this they are focusing their mind on exactly what they don't want. Freud believed that negation preserved the thought; and people do tend to bring into their lives those things that they focus on.



Of course sometimes even though we want something, or think/say we do, we actually do nothing towards achieving this. It as if we self sabotage.



Have you ever been moving towards your dream only to find that you do stupid things that mess it up. Or maybe you just procrastinate. What causes this?

Its often our perception, something just outside of our conscious awareness; what we say we want is in conflict with what we really want.

Here's an experiment for you

Choose a goal and ask yourself the following questions.

1. What do you want?
2. Why do you want it?
3. Why don't you want it?
4. How much time/energy will it take to achieve it?
5. What skill do you need to accomplish it?
6. Who else needs to be involved?
7. Who does it effect?
8. When does it need to be done by?
9. What happens if you don't do it in time?
10. What will it cost?
11. How much money will it make?
12. How important is the money factor?
13. How likely is it that you will get what you want?
14. Is it good for you and those around you?
15. If you could have it right now, would you take it?

I work towards my goals. I think about what I want – then check a few things, including is it really what I want, will it be good for me and is it sustainable by me alone. So many people want things that are dependant on someone else.

Recently I was coaching someone whose goal depended on their ex funding what they wanted to do. They wasn't owed anything to them but they couldn't actually achieve their goal without them. Once they had actually realised this was the problem, they were able to come up with a solution that enabled them to achieve their goal without relying on their ex or anyone else.

Once I have my goal, I try it on (imagine) how it will be, what effect it will have on my life and those closest to me. Sometimes when you get to this part you may find that its not what you want or maybe it needs to be tweaked a little to make it work for you. Once it passes all the tests I map out what I need to do to achieve my goal. This is a work in progress.

Consider your resolution, was it something that works for you, does it fit into your lifestyle. If not, are you prepared to change your lifestyle to make it work.

Many people decide they will join a gym, and then find that they are too tired at the end of the day to go, going to the gym then adds to their stress instead of helping them distress and get fit and healthy.

Time to re-evaluate your day and explore how you spend your time; you'd be surprised how much time can be saved



Excited that we completed our Foundation Course in Hypnotherapy, we have a fabulous group who all passed with flying colours. Congratulations everyone.

Received some great feedback from the examiner who came along to test them on exam day and conduct the practical test; and some great feedback from our students too. We are always interested in feedback as we are constantly looking to improve our courses.

We keep the courses small. Many people who contact us are looking for a smaller class so that they have more contact with the trainers.



Our weekend modules for the Diploma begin soon and we have just a handful of places available for people not on the diploma who wish to improve their skills, maybe you trained with someone else and would love to learn some new skills or maybe you'd like to review and revise a subject.

Please note that these weekends are not suitable for beginners and you will need a basic understanding of hypnosis and be able to induce trance easily in others.

Weekend One (6th & 7th February) is our Behavioural weekend; the main subject is Hypno Behavioural Protocol with confusions techniques and aversion therapy including how to help people change unwanted habits.

Weekend Two (12th & 13th March) – Weigh Loss and Eating Disorders Weekend; learn how to improve your success rate and create services that are profitable and easy, once you know how.

Weekend Three (9th & 10th April) – Stop Smoking and Addictions Weekend. Both Gloria and Tina have helped thousands of people stop smoking and various addictions, benefit from their years of experience and expertise.

Weekend Four (7th & 8th May) Regression Weekend learning how to heal the inner child, re-parenting, diagnostic and free floating regressions, past life and symptom manipulation.

Weekend Five (18th & 19th June) Stop Anxiety, Fears and Phobias. In today's society there are millions of people who suffer from anxiety disorders including social phobias, post traumatic stress disorder, obsessive compulsive disorder and generalised anxiety disorder. This weekend we will cover many of the underlying principles to achieving effective lasting change in your patients.

Weekend Six (2nd & 3rd July) How to work with depressive patients. Learn hypnotic techniques to help overcome, manage and prevent depression as well as an introduction to EMDR.

Weekend Seven (10th & 11th September) Psycho sexual and Infertility Weekend; learn strategies for helping your patients deal with fertility issues as well as sexual disorders for example; premature ejaculation, anorgasmia, frigidity, impotence and vaginismus

Weekend Eight (29th & 30th October) Hypnotic Pain Control Weekend.
This weekend we will explore and learn about various strategies for hypnotic pain relief including anaesthesia and analgesia.

These weekend Masterclasses are available to a handful of students.

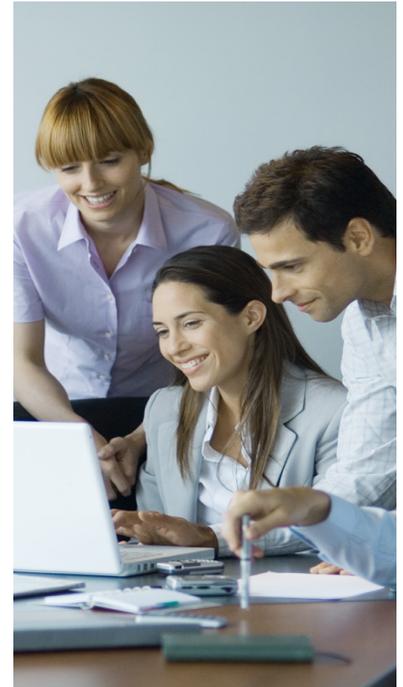
All courses are run at Winchester University, and each weekend
Carries 12 CPD points
CPD certificates are available.

Find out what our past students say about us
<http://wchn.org.uk/testimonials/>

More details are available here:

<http://wchn.org.uk/diploma-course-weekends/>

To speak to a trainer prior to booking call
02380 226050.



SOUTHAMPTON NLP AND HYPNOSIS PRACTICE GROUP

This group is run by the Wessex College of Hypnotherapy and NLP with Licensed Master Trainer of NLP, Tina Taylor. All Meetings are listed on our Facebook Pages NLP Master Classes and Wessex Collect of Hypnotherapy and NLP as well as online at HTTP://WWW.WCHN.ORG.UK/CMS/PRACTICE_GROUP.HTML

BIRMINGHAM NLP AND HYPNOSIS PRACTICE GROUP

Next meeting February 20th at Sutton Coldfield; all details can be found on the Facebook Page, Birmingham NLP or by contacting Debbie Williams debbiewilliamsjbw@googlemail.com

