

# THE NLP NEWSLETTER

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Editor - Joel Fernandes



I was fortunate to be part of the first NLP batch; back in 2015. Implementing the teachings from the session, has drastically improved my outlook towards life. I have seen a significant improvement in my career and most importantly, my relationship with family and friends. I was able to classify my goals and enlist priorities.

Since the Advance NLP program, I long wished to be coached by Anil. I attended workshops, took up reading books on self-development and even consulted Google for answers. In a midst of all this, Joel informed me about the PCP session with Anil. I knew at once that I would benefit, and so I grabbed the opportunity with both hands.

From the very start of the session, things began to get clear. The journey began through a realistic time frame of steps to focus and organize ways of getting the job done.

Anil has been a mentor and I follow the plan identified; for years now. The coaching helped me identify how moving towards my passion is the only option for having a life of purpose and meaning. At the end of the session I gained more clarity and now I not only know what works for me but also know what doesn't. To date I continue to build momentum for growth with specific actions to achieve the desired outcome; in fact I practice this approach in everything I do.

**“FALLING DOWN IS AN ACCIDENT, STAYING DOWN IS A CHOICE”**



The coaching session has enlightened, educated and encouraged me to be better, happier and passionate; a side I had never met before. Through the coaching sessions with Anil I identified everything I needed to improve and work on.

I worked on basic listening, observing and being aware of my daily decisions and actions to planning the regular day. The choices I made during and after the session helped me align with my goals. Anil, speaks from a wealth of experience; and his experience guided me to be an open minded person and unleash a new level of improvement and performance in every task I take.

If I had to sum up the coaching program for you, I would simply put it as a session that will take you from where you are to where you want to be. I am ever grateful to Joel for introducing me to this course. A big thank you! to the TTGLS team for accommodating my convenience.

Anil, you are a wonderful teacher; you have the ability to get to the core of an issue and provide a solution; aptly. Anil you don't just speak about brilliance and excellence, instead you live it every day. I shall forever be grateful for uplifting, supporting, teaching and guiding me to live my life to the fullest. I would consider it both a pleasure and a blessing to witness your teaching through the coaching session. Thank you, for cheering me to become my BEST SELF!

**-VANDANA UPADHYAY.  
Storyteller, Drama Coach.  
Podar International School IB**

# Choose Your Words CAREFULLY

Remember that phrase that kids used to sing? - "Sticks and stones can break my bones but words can never hurt me." Maybe you know it, maybe you don't, but it is an interesting phrase.

It can be true, but more often than not the words we use can hurt people. Sometimes we can hurt people with our words without even knowing it!

We really do need to be careful with our words. Let's see how we can use words in NLP. As we know part of NLP deals with the linguistic element. The words we use. Many of us use words without thinking of their effect on others. What do I mean? I am talking but all the words we use, the language, the slang - everything.

Sometimes we are so used to the words that we use that we don't realize that they may actually be inappropriate or even offensive. I tend to use the F word a lot. It is one of those words that I really love the reason being is that it has so many meanings for us. It can mean you're wonderful, you're awful, and more! We think nothing of it when we use it, but for many it is very offensive. So that's the first thing we must be aware of - the words we use.

One of the great things we believe in NLP is that the meaning of the communication is the reaction you get from it. By this we mean that if the person is confused, rather than it being their issue it is in fact yours. It means that you have not been clear in your communication. I have a few friends who are academics and oh boy, rather than saying something in 4 words they use 10 and some of those words I don't understand.

Does this mean I am stupid? No. Quite frankly it means that they are just trying to show their intellect!

But we have to be careful. If we don't communicate in a simple manner people will not understand us. If they don't understand us they won't be able to do things for us.

Thus the clearer you communicate, the better.

***"Using fancy words does not make you smarter, in fact it may make you harder to understand!"***

Conclusion?

Be clear in your communication, select your words wisely, and think about the effect of what you say may have on people

- Anil Thomas

(Master NLP Practitioner & Gestalt Therapist)

## Continuous Education Program in NLP

By Anil Thomas



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# ARE YOU SLOUCHING UNDER THE WEIGHT OF YOUR BURDENS?



He walks into my room as per the scheduled appointment. From his appearance he appeared to be in his late 40's. He walked face down from the door to the chair. It was 4pm on the clock. He seemed to be tired, like someone who had woken up with an incomplete sleep. It came across to me that he was more mentally than physically fatigued, he dragged himself in.

He took a seat. Disinterest formed the most evident expression on his face. I asked him, "Hey, what's up" and greeted him. He returned the greeting and looked down, much like talking to himself (A). He was judging himself; it could be his low self-esteem or his physical structure or a bad day. I tried to get him to speak more about himself. He was a working professional; living his life like a hamster on a hamster wheel. He lacked purpose and did not know where he was heading.

The positive however, was that he showed up. He wanted to see himself free from what contained him. He expected a transformation and had hope; he wanted to get to the other side of life. To begin with, I asked him what he wanted for himself from the therapy. His answer was filled with accusations on himself going to the past. He began explaining his problem and on probing, I learned that he was a subject of being considered less at every stage. His family named him the least competent of his siblings. Teachers at school magnified his shortcomings, while his classmates laughed. I soon realized that the solution was not in the present problem but a little ahead.

I casually asked him about the slouch he carried. He looked perplexed and exclaimed, "Slouch! Where?" I got the awareness of his deformity. He slouched for as long as he could remember, and continued telling me of how he hates his appearance; body, voice and how he was perceived.

I asked him what if he did not have that problem; at once his face beamed. For the first time during the session, he smiled. Taking advantage of the change in mood I used the Meta Model to probe him, followed by creative visualization. He broke what was holding him back and began to talk about what he wanted. He had now gained awareness.

As this component of his early abusive experience had drained and

he gained awareness of his body, his posture gradually became more erect. His thoughts correspondingly started to become less negative, and his emotions more lighthearted. He began feeling more accepted, he began finding a place for himself in the world. He started loving himself that made him a better person, a happier person. As Dick would rightly say, a miracle happens in less than 20 minutes.

## Note to caregivers:

We wish the best for the people we love. We take corrective measures to see that they do not go astray. At times, the methods we use may not be the best for them. We may end up permanently hampering their self-worth. As parents, teachers and caregivers we need to give each one under our guidance their space, rather than telling them what to do. Awareness brings about change. Make them aware when they are less confident, when they procrastinate, when they are being lazy or that a task could have been performed differently.

Like Dick would say, what we resist persists, and what we accept transforms". Transformation is one step closer towards acceptance.

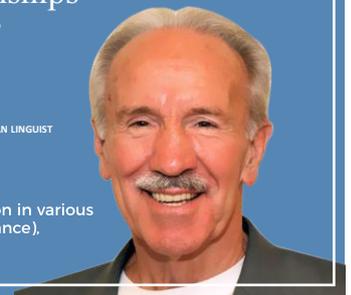
I would like to leave you with a question: **Which is the area in your life where you have slouched?**

**Now that you have identified the slouch, can you stretch and straighten up?**

"The unconscious mind is a place full of relationships and verbs. No nouns"

-JOHN GRINDER  
AMERICAN LINGUIST

The above quote is from Anil's interaction in various discourses & sessions of NLP (basic, advance), Tools & Gestalt



## UPCOMING CERTIFICATION PROGRAMS BY ANIL THOMAS

### Design Thinking Using NLP Techniques

23rd July 2018

### Basic NLP Certification

27th June - 1st July 2018

### Gestalt Therapy Certification

19th - 22nd July 2018

### Advance Gestalt International Certification

17th Dec - 20th Dec 2018

### Advance NLP Certification

19th - 25th May 2019

# FOLLOW YOUR CONSCIENCE, NOT YOUR BOSS



Conscience is the act of determining that which I ought to do or not do, or that which is right or wrong in performing that action. The issue here is what is the process by which one determines whether one is using conscience appropriately? Making a decision solely on emotions, subjective reasoning or rationalization is not an ethical way to make decisions. Time and effort must go into being well informed and being able to understand opposing viewpoints, in order to more objectively make the best decision. Therefore, making an ethical choice cannot be done in the "spur of the moment". This decision calls for introspection, information and application

Alyque Padamsee – Recipient of the Padmashree and a Theatre Personality says during his talk at Esperance 2.0, "It was my conscience telling me if you want to do something and you really believe in it, Do it!"

He adds more to his talk, saying that there are so many people who have come up to him and informed him about what they do in the areas of public service and NGO's, which has left him astounded. He says, "I am very lucky to be born into a family where I was served 3 meals a day, had a roof over my head. But who gave that to me? It was just an accident of birth. To most of us who are privileged, do we then realize that it's our responsibility and we should be going out to help people who did not get these privilege's?"

Alyque, recalls a funny story told to him by Richard Attenborough. He narrated, a doctor rang his patient up one day saying, "Mr. Shah, I just had a look at your X-rays, I have both good news and some bad news for you. Which one would you like to hear first?" Mr. Shah said, "I would like to hear the good news first". The doc said, "Well Mr. Shah after looking at your X-rays you have 24 hours to live." Mr. Shah acclaimed, Is that the good news?? Then what's the bad news Doctor??!! The Doc said, "Mr. Shah how do I put it? The bad news is I was supposed to call you yesterday."

Alyque Padamsee quotes from his own experience, "**You don't succeed unless you try and try again**".

Follow neither your boss nor the people who you lead. Have a vision of where you want to go and inspire people to follow you. Listen to both mind and heart. The mind tells you the truth and the heart tells you love. Listen to what you need and what others need. Be simple and just be your natural self. Always listen to and act according to your conscience, which is a combination of much more than mind and heart. Conscience is in fact the very essence of our existence. The mind and the heart are just small parts of it.

We must choose well which path we follow on the high road to success. We need to analyze our values and ethics, apply them in a consistent yet compassionate manner, and make sure our workplace and personal values are not in conflict.

- Alyque Padamsee  
Theatre Personality & Advertising Guru



## BASIC NLP APRIL '18

