

# AN INTRODUCTION TO NLP (Neuro Linguistic Programming)



# THE BEGINNING OF NLP

- A Student: Richard Bandler
- A Professor : John Grinder

A story of trying to replicate excellence



# NLP is a model about:

- How to understand our thinking and language patterns
- How emotional states can be altered
- How we represent our experiences
- How we can study excellence
- How to develop effective strategies for everyday life.



# NLP stands for:

Neuro

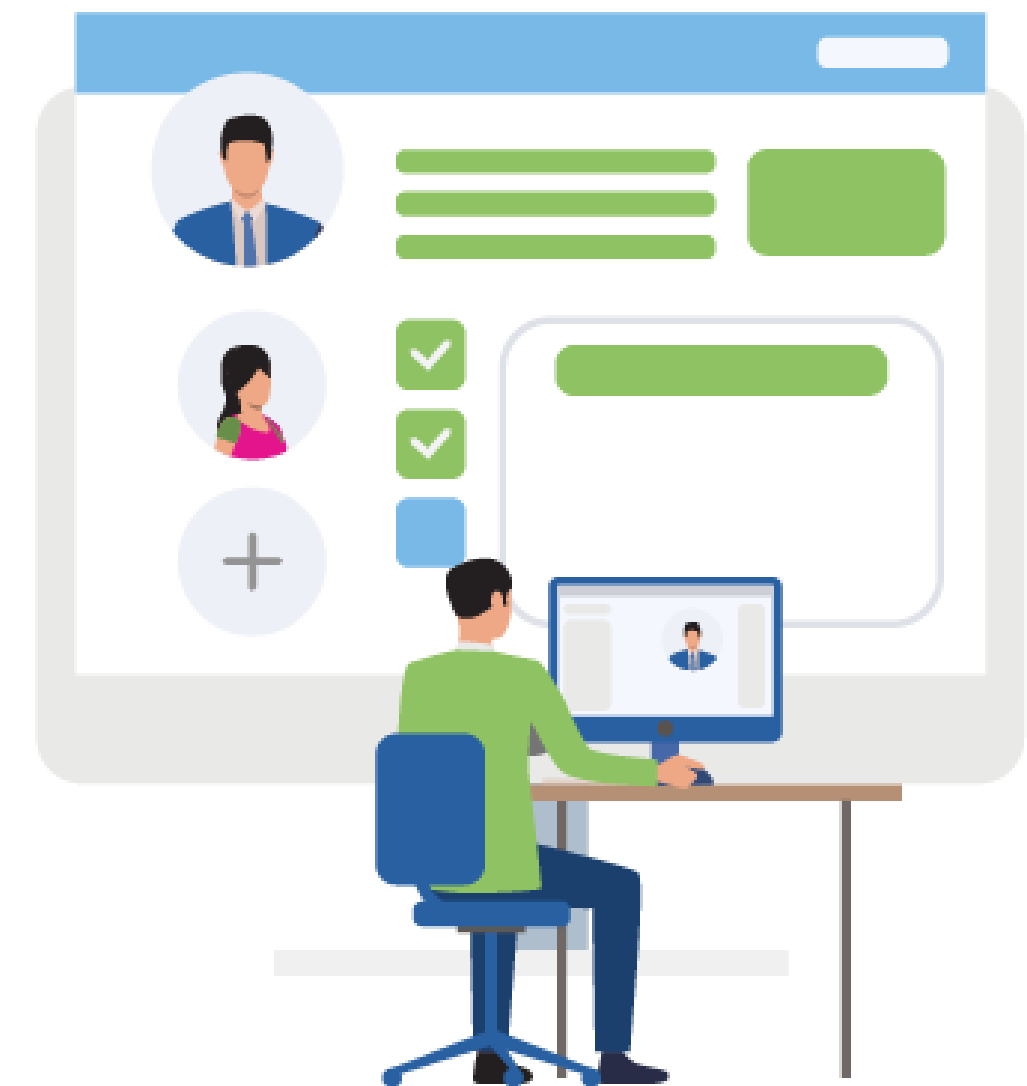
Lingusitic

Programming



# NEURO

The way we filter and process our experiences through five senses.



# LINGUSTIC

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The way we interpret our experiences through language – how we use language and how it affects us.



# PROGRAMMING

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The way we code our language and behaviour into  
our own personal program



# THANK YOU!

# SUMMARY

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1. How it all began!
2. What is the NLP model all about?
3. Neuro
4. Linguistic
5. Programming

