

How Neuro-Linguistic Programming Was Created And How You Can Apply It Today!

NLP first came about when these two gentlemen, Dr. Richard Bandler and Dr. John Grinder, decided to model people who were excellent in creating change in others. More specifically, they wanted to model linguistic experts who could change people through speaking, through their words and therapies. Through all their surveys and all their research, they found three people. One of them was a person called Milton Erickson who was a clinical therapist who had the ability to create changes in people when many other therapists failed. The other person they went forth and modeled was this person called Virginia Satir, She was known as the mother of family therapy. Couples who were not successful going through all kind of therapies would go to Satir. Through her use of language and the way in which she talks to people; the way she processes information, she created results that many therapists were unable to produce. The third person they went forth to model was this person called Fritz Pearls who was a gestalt therapist. Now take note that these three masters of communication, Fritz Pearls, Milton Erickson, and Virginia Satir, were masters of change but it took them many years in honing their craft and many of them did not even know how they did it consciously, they were just good at it. So by modeling this three people, Richard Bandler and John Grinder created the first set of NLP on the Milton Model and the Meta Model. And when they taught this to people who didn't necessary have twenty thirty years of therapeutic experience, guess what, they were able to produce similar results as these three people could. Since NLP was created, this science has soon found its way into different forms of application. The first example is sales. If you found someone who is an extremely good sales person, someone who has taken many years to perfect his sales strategy, there would certainly be a difference in the way he speaks, the way he looks, the way he presents his product. By modeling him, you can be able to produce similar results to what he has been achieving. Similarly, if you found someone who may have been a fantastic teacher, someone who is able to build great rapport with students, someone who is able to get through to them, change their mindset and motivate these students to study, could you go this teacher who has twenty years of experiences; model her strategy and produce the same result? The answer is yes! NLP can be also be applied by students wanting to achieve excellent results. By modeling students who are extremely good in the different areas of study such as mathematics, science or humanities, one can begin to produce the same results in a short period of time by modeling the successful student who has been consistent in producing the excellent results. Think about it, anyone who succeeds in their life and produces exceptional results in whatever area they are in; all of them exhibit certain general patterns. In other words, there is always a strategy to success that we can model from people who are extremely successful in the particular skill set or area they are in. NLP is a powerful form of science that everyone should be introduced to. By modeling a person's patterns of excellence, and by installing them within yourself as well as running the same program into your brain, you will be able to produce the same excellent results. Get started today, find out more about the power of NLP today!

About the Author

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