

DISCOVER HOW TO MAKE YOUR DAY BETTER IN 5 EASY STEPS



**Rod Hahlo, NLP Trainer and Master
Practitioner**



new perspective

NLP

exceptional thinking
exceptional results



Rod Hahlo

NLP is an approach anyone can learn and adopt easily to become the best version of themselves and live the life you want to lead.

NLP has so many applications in everything we do day to day. From looking after ourselves and our wellbeing to Relationships, Business, Education, Personal Growth and Sport.

If you want to go on a journey and curious about who you really are.

If you want to start finding your meaning and purpose.

If you want to start to create a life you want to live on your terms then read on!

Hi, my name is Rod Hahlo, Master Coach & Trainer of Neuro Linguistic Programming (NLP).

I train and coach people privately or corporately in NLP, Time Line Therapy® and Hypnotherapy so that they can smash their barriers and unlock their potential to get results.

I passionately believe everyone has amazing potential, its just a matter of connection or reconnection and that's where I can help.





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5 Steps



to make your day better from new perspective NLP

1



Be more TREE!

Trees sway in the wind, they maintain their strength by being flexible. If they were rigid they would fall over. This is particularly relevant to change. The person with the most flexibility of behaviour will feel in control compared to a person with rigid behaviour. How did you behave over the last two years, were you more flexible or rigid?

2



You have choice

If someone says they 'can't', they are choosing not to (can-not). This also means they can. This is a choice. Be comfortable and true to yourself when you actively choose to or choose not to, remember the choice is yours and you can choose to do either.

3



There is no failure, only feedback

We are built to learn, so adopt a learning mindset. If an event results in a way which was unintended, take the learning from it, integrate the learning and move forward.



2 more steps



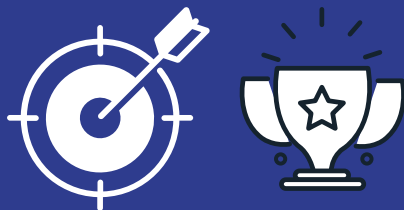
Lose the 'but' gain the 'and'

Avoid using the word 'but' instead replace with 'and'. This is a great way to make a change to your thinking using language. 'But' can be considered as a 'block' to being productive. Think about the last time you said or heard someone say 'but', was it resourceful or productive in any way?



Positive Negative

The mind does not process negatives directly. For those of you with children, when has using the word 'don't' produced a positive result? Next time you hear a 'don't' remember your mind will process it as a 'do'.



Handy hint

You can choose to adopt one step at a time until you are comfortable with each or just pick one and go with it. Enjoy the change and more importantly notice the results.



Contact me on how I can help you take the steps to change easily with NLP Coaching or NLP Training

Rod Hahlo
Master Coach

ABNLP ABH Certified Trainer of NLP and Hypnosis,
Certified Trainer of NLP Coach, Certified Trainer of
Time Line Therapy®

Bonus step



Focus On What You Want

6



WANT?
NOT WANT?

What do you want?

Do you ever find when you are not at your best, you tend to focus on the negative? (In contrast to when you are at your best, you focus on the positive.) So when asked "What do you want?", the response is all about what you don't want. Start by listening to yourself and thinking about what you want in a positive frame.

Let's Do This!



"Nothing will work unless you do"

by Maya Angelou



What's your next step?

You have 6 easy steps to follow to make a start and experience a difference. Over to you now, after all, it all starts with you!

Please share your feedback, I would love to hear about your experience.

For 121 Coaching online or face to face, get in touch to arrange a free consultation.

To access accredited NLP Training, get in touch.



Talk to us about taking your journey further with neuro linguistic programming

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