
Are you ready for this NLP Stuff? (Some or all of this stuff?)

(December 05) A client of mine told me recently, “I don’t think I’m ready for that NLP stuff, what I really want is to be able to build better relationships. I want to be able to be able to get a better read on people, to be able to see when what I am saying is making a difference, to be able to have more of an impact with people.”

HOLY COW! What a perfect place to start!

NLP is about the structure of experience. NLP is about communication excellence. Inherent in all my NLP training are the presuppositions of NLP! All the trainings we do focus on two main points:

- ***How to point your brain in the direction you want.***
- ***How to become exquisite as a professional communicator!***

In many parts of the training, we focus on paying attention to others. Paying attention to their words, their body language, and their small and large behaviors that are “the difference that make the difference”.

Too often, people are in their own head, thinking about what to do or say next, rather than paying attention to what is most important in most communication situations: **THE OTHER PERSON!** That’s right, noticing-listening-seeing and simply *attending to the other person* **and then** responding intentionally with great effectiveness are the signs of and excellent communicator. *How intentional are you in your communication? How intentional do you want to be? It is a choice, **what choices do you want to make?***