

Hello and happy new week,

In my last email, I mentioned NLP and I didn't even explain what it is. I have received several questions on what it is and does so let me briefly explain. I got involved with NLP because I knew the instructor and she asked me if I wanted a change in my life. I said yes, and one of my changes was in my business. I had no idea what or how NLP would help my business or exactly what change it was that I wanted. As the trainings progressed, I discovered the power of NLP and ideas of how it would help my clients started to come to me. As I saw myself making personal changes, I realized that my clients could also gain from this. I started to think of many clients who have started a program with me and stopped only to restart again sometime down the road. I began wondering if NLP would be able to help my fitness clients make that full fitness lifestyle change and this is why I am doing NLP with you on a donation basis. I want to find out for myself and for you if it can help you as it has helped me!

So, what is NLP? It is using tools to help explore why you aren't achieving the fitness goals you are working on. Once we discover the culprit, then we start to get to know that entity of you and begin to learn how to appreciate what this part of you is doing to help you. Right now, if you are having problems, it is possibly because one part of you wants to achieve the fitness dream and another part doesn't. If that is the case with you, we can use NLP techniques to bring those two together so they can work as one to make you a powerful being accomplishing your dreams or making the dreams even nicer than you had ever thought was possible.

So, if you are struggling with your fitness focus and you want to explore NLP, give me a call or email and let's set up a time to get together. I have thoroughly enjoyed all the work I have done so far and I continue to learn with each person I work with. It is all amazing. Thank you so much for partaking in this. Please remember I am doing this on a donation basis until the middle of June, before my travels begin.

Carol Lee