

10 Fundamental Tips for using NLP Effectively

- 1) Always be in rapport with the other person when using NLP. If rapport gets broken, go back to matching, mirroring and pacing the person until it is re-established
- 2) Ensure you and your message is congruent and aligned both consciously and unconsciously. With words and with body gestures
- 3) Walk your walk and talk your talk. Be a superb role model for NLP. If you can do it, anybody can do it
- 4) Take great care never to install a thought; a strategy in someone, without permission FIRST
- 5) Mind reading is **off** the agenda! Even the best exponent of NLP is unable to mind read so use your questioning skills instead
- 6) Make sure you utilise everything that happens in any communication. Utilise, utilise, utilise
- 7) Anchor great emotional states in people, for example:- learning is easy; a curious state of mind; enjoyment; contentment and so on
- 8) Remember to use your immense flexibility to get your desired outcome. If what you're doing isn't working, do something different
- 9) Use stories and metaphors to change content, context and meaning. The unconscious mind loves to hear stories. They're a powerful form of change. Always ensure that you include positive language and outcomes which the listener really desires
- 10) You'll never know how far a change can go in any human being. So expect the unexpected and be prepared to be surprised at how much has been achieved through your interaction.

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