

LIVE YOUR LIFE WITH AN OPEN MIND

Submitted by: Inspired PR

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“If you do what you've always done, you'll get what you've always got” Tony Robbins

It's a time of real change. With 172,337* UK redundancies (<http://www.openmindtraining.co.uk>) since September 2008, recession is pushing many of us to start our own businesses, travel the World or scrutinise what we really want out of life.

For happier lives (<http://www.openmindtraining.co.uk/testimonials.htm>) - boosting our own self-belief (http://www.openmindtraining.co.uk/choosing_a_course.htm), knowing who we are and creating better relationships (<http://www.openmindtraining.co.uk/hypnotherapy.htm>) should be a priority for all of us, right now. We needn't go far to find ourselves – it's a lot more effective to look within.

Using NLP (http://www.openmindtraining.co.uk/nlp_practitioner_course.htm) is a practical and effective way to do this. Greg Laws, owner of 'Openmind Training' (http://www.openmindtraining.co.uk/why_nlp.htm) tells us “anything we want or need is in our power. It's about changing beliefs, reprogramming or even deleting old mind sets which just don't serve us well. NLP shows us how the mind works, how what we say has an impact on who we are and how we can improve our personal and business relationships to brilliant effect. We can also learn how to model people we admire to take on their positive attributes”.

Openmind Training offers personal coaching, therapy and the opportunity to train in the science of NLP – to suit your needs, when the time is right for you. Take a four day diploma, followed by a 12 day accredited NLP Practitioner course. Master Practitioner training takes place over 16 days with the option to take part of the course in the Kalahari Desert in Africa among the Earth's oldest surviving culture, the San Bushmen. Students will get the opportunity to meet these remarkable people and test the NLP hypothesis against a culture vastly different to ours. Both courses offer an optional 'bolt-on' extra of a wildlife safari in one of Africa's greatest game reserves under the expert guidance of veteran African travellers.

The best coaching, therapy and training doesn't have to be the most expensive. Open Mind training is incredibly effective at rates that deliver real value and suit individual needs. Call 0845 050 8448; email info@openmindtraining.co.uk or visit www.openmindtraining.co.uk for more information.

*Personnel Today, June 2009.

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For further press information or interviews, please contact Lyndsey Metcalf at Inspired PR on 01590 610243/ 07896 219153 or email lyndsey@inspiredpr.co.uk

Notes to Editor:

Greg Laws has nearly three decades of experience, across three different continents of training, coaching, communications and public speaking. He is a certified Master Practitioner of NLP through the International NLP Trainers Association (INLPTA) and was trained as a certified INLPTA trainer under the founder of INLPTA, Dr Wyatt Woodsmall. His work in the environment sector included projects with cabinet ministers in Nelson Mandela's government, schoolchildren and within remote rural communities and also in South Africa's most notorious townships.

Greg has appeared on television and radio on numerous occasions and is a professional writer, published in a number of wildlife and travel magazines, both in South Africa and the UK. He is currently commissioned by a leading UK publisher to write the book 'Stone Age NLP', capturing his own unique brand of NLP. Greg and his wife Anne guide groups to Africa every year as part of this project. He is the founder and director of Openmind Training Ltd in the UK.