

NLP, TIME LINE THERAPY™ Sally Roberts

Sally is a Master Practitioner of NLP, which stands for Neuro Linguistic Programming. Simply put, this is a way of understanding how we do what we do, and how we represent our experiences to ourselves. When we understand this, we can choose to change what isn't working, to stop or alter a behaviour, or to model excellence and be more effective.

Time Line Therapy™ and Hypnotherapy are techniques used with NLP to allow you to access your powerful 'other than conscious' mind, and trust your own intuitive ability.