



**Jan Russell**  
Modelling Excellence for Higher Performance

## **In Thought, Word and Deed: NLP is the currency of success**

**What is NLP?** NLP stands for Neuro Linguistic Programming. Through understanding and manipulating the links between neurology, language and behaviour, you can create exceptionally powerful possibilities for how you develop and communicate. NLP awakens you to attitudes, principles and an array of tools to perform better in any area of your life. Through creating the programmes you want, you can learn more quickly, influence personal wellbeing, relate more effectively in personal or professional contexts, and create brilliant well formed outcomes. Find your excellence.

**“NLP is probably the single most powerful thing that I have ever learnt, it has had a dramatic positive effect on me personally, my relationships with others and my business - my only regret is that I wish that I had done this course 20 years ago. I could not start to place a monetary value on the gains that I have achieved through attending this course.”**

**CEO, N.Lincs**

**Join us for our next Diploma Course beginning 29th January 2019**

**Cost £799.00 *Some reduced places available***

**Venue Hesslewood Hall**

The Diploma course runs over 4 days, with the opportunity for guided application and reflection between times.

**Dates are 29th and 30th January, 19th and 20th March 2019. The programme is certified through the ANLP, directed by Dr Jan Russell.**

If you would like to discuss this programme, seek more information, or reserve a place, please contact Jan Russell on (+44) 07892 902354 or [jan@janrussell.org](mailto:jan@janrussell.org)