

Resourceful Change

NLP - Hypnosis - Coaching

January 2011 Newsletter

WELCOME TO THE RESOURCEFUL CHANGE NEWSLETTER.

Each month we feature articles, recommend useful resources and bring you the latest news on our courses and projects.

This month:

- [New Beginnings](#)
- [Free Resources](#)
- [NLP This Year](#)
- [Off-Calendar Courses](#)
- [Calendar of Events](#)
- [Ebooks](#)

Hi everyone,

I hope you've all had a great holiday and are still celebrating the beginning of 2011.

Such celebrations for bringing in the new year existed in the oldest of cultures, yet the activities associated with this time have varied considerably.

Ancient Babylonians started their new year by repaying outstanding debts and returning items they had borrowed.

The ancient Romans began the year by reviewing the previous one, resolving to achieve more in the year to come and paying homage to Janus, the god of doorways and beginnings (and source of the name January).



We currently start each year by resolving to give up a 'bad' habit or take up a 'good' habit.

So you have a choice about how you can meet 2011 - and how you can choose to spend your time.

What you have no choice about is that over the next 365 days, you will be presented with a host of opportunities and challenges. That is a certainty unless you live in a perfect world.

What you *can* do is decide whether you will seize those opportunities and choose how to meet life's challenges.

The best way to seize opportunities is to *expect and look for them* - otherwise, how will you know they are there?

The best way to meet challenges is to attribute cause carefully. These three questions might help you learn more when things go wrong:

- What was *your* part in the problem?
- If you did something different, what difference would it have made?
- What have you learned that will help you avoid or minimise that problem in future?

"The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge, while an ordinary man takes everything as a blessing or a curse."

-Carlos Castaneda

New year's resolutions are just the start - instead of making the usual effort to stop something 'bad' or start something 'good', why not choose how you would like to meet the opportunities and challenges over the next 12 months?

It makes more sense and, I think, is a much more productive use of time and resources.

Free Resources

There are various resources which I provide as an introduction to what I do. If you haven't yet seen these, the NLP- and goal-related resources provided below will give you greater freedom, awareness and choice in 2011.

http://www.resourcefulchange.co.uk/nlp_primers.shtml

<http://www.goal-mastery.com/ecourse.html>

And they're free. You *will* have to sign up to access each of these resources, but you will not receive endless marketing emails from me. The material *is* linked to several commercial ventures of mine (this is my life and my livelihood, after all) but by now you probably know that I don't push. I believe that the value of what I do speaks for itself.

If you value the material, use it. If you want, let me know how you make a difference in your life with the skills, ideas and techniques. If you feel inspired to, get involved by [taking a course](#) or passing the above links on to someone who can also benefit by this knowledge.

Your 2011 can be good, or it can be great. If you choose, it could be extraordinary. That's up to you.

NLP This Year

It may sound like a cliché, but there has never been a better time to learn more about your mind and take control of your perceptions.

"We immediately become more effective when we decide to change ourselves rather than asking things to change for us."

-Stephen Covey

In my opinion, one of the best toolkits for change that you can get is Neuro-Linguistic Programming (NLP).

NLP has often been described as 'the science of excellence', but I don't really consider

NLP to be a science. NLP is more like an art in some ways - it is a different way of looking at the world, more akin to Impressionism than Physics. NLP is also a methodology - a way of doing things that is distinct, flexible and effective.

To learn more, go here:

<http://www.resourcefulchange.co.uk/nlp-introduction.shtml>

'Off-calendar' courses

As I said last month, we run many 'off-calendar' events by private arrangement. What usually happens is that several students request a particular training and there is sometimes an extra place available - slightly larger numbers can make these 'private' trainings more cost-effective.

Naturally, we tend to give our existing customers first notification of these, as appropriate to the level of training on offer.

The reason why I mention this is because you might want to be notified about these opportunities soon after they arise. Past experience has shown you'll need to move fast, as places have usually been snapped up before the next newsletter.

To receive these notifications, contact me at phil@resourcefulchange.co.uk

Contact me

If you have any questions, comments or requests about this newsletter- or if you're interested in any of our training programs, you can contact me by phone on 01904 636216 or by email at phil@resourcefulchange.co.uk.

Feel free to pass this newsletter on to anyone who you think will appreciate it.

Best wishes,



How to connect up with me online:

 <http://www.resourcefulchange.co.uk/articles.shtml>

 <http://www.philcallaghan.co.uk>

 http://www.twitter.com/res_change

 <http://www.facebook.com/nlptraininguk>

 <http://www.linkedin.com/in/philcallaghan>

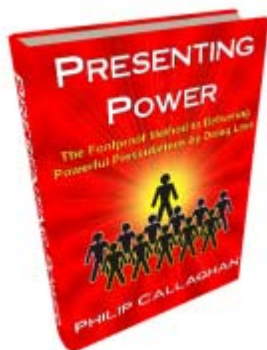
 <http://friendfeed.com/docphil>

UP-COMING TRAINING AND SPECIAL EVENTS:

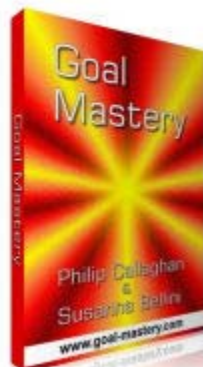
Dates	Course	Booking Details
JANUARY		
22 Jan 2011	NLP Intro: Mastering Success	Book

FEBRUARY		
7-13 Feb 2011	Hypnotherapy Diploma	Book
MARCH		
19 - 25 Mar 2011	NLP Licensed Practitioner *	Book
26 - 27 Mar 2011	Licensed NLP Coach *	Book
* Take both these trainings together (NLP Practitioner and Coach)		
MAY		
14 - 22 May 2011	NLP Licensed Master Practitioner	Book
JULY		
2 - 8 Jul 2011	NLP Licensed Practitioner	Book
SEPTEMBER		
24 - 25 Sept 2011	NLP Techniques Masterclass	Book
OCTOBER		
15 - 21 Oct 2011	NLP Licensed Practitioner *	Book
22 - 23 Oct 2011	Licensed NLP Coach *	Book
* Take both these trainings together (NLP Practitioner and Coach)		
NOVEMBER		
19-27 Nov 2011	NLP Licensed Master Practitioner	Book

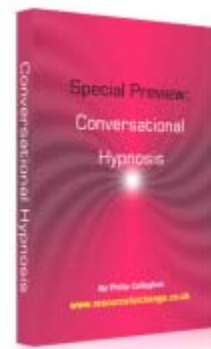
BOOKS:



[Presenting Power Book](#)



[Goal Mastery Book](#)



[Conversational Hypnosis \(preview only\)](#)

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