

media release

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Conference welcomes public to sample NLP and hypnosis

Workshops offer chance to manage change better

Toronto – 13 April 2009 – The Canadian Association of Neuro-Linguistic Programming (CANLP) is welcoming members of the public to join its 20th Annual Conference on Friday, April 24, 2009. While much of the conference has been tailored for the NLP community, the Friday evening sessions will provide an inexpensive introduction to NLP and hypnosis. “Just come to the Valhalla Inn at 6:30 p.m. on Friday and we’ll register you for the evening program for only \$15,” says conference co-chair, Judy Spence. “It’s a great chance to find out how NLP and hypnosis have helped so many people make positive changes in their lives and work.”

For about the price of a movie, people can mingle with Canadian practitioners, chat with exhibitors and participate in three sessions covering different applications of the NLP techniques. Spence says, “All the news lately has been about people facing scary political and financial changes. We are looking forward to giving change a better name by ‘reframing’ it. People will walk away feeling better able to adapt to the current climate. NLP techniques that help mothers deal with labour can also be used to help people facing the hunt for a new job.”

The evening features three presentations. Lynn Robinson, an NLP expert from Whiterock B.C. will be leading a workshop on how to harness your strengths in order to manage change more effectively. Dave Hallett of the Canadian Hypnosis Centre in Ottawa will demonstrate how hypnosis can facilitate positive change. Kathy Welter-Nichols, author of *My Birth: My Way*, will talk about how NLP and hypnosis can change the way mothers experience birth.

NLP is a well-known set of techniques for influencing change and improving communication. It’s used widely by athletes, therapists and business people in the UK, the USA and Australia. The CANLP conference is celebrating its 20th Anniversary. It’s the longest running NLP conference in the world. This year, the conference features a 2 day training by international expert, L. Michael Hall, and a Sunday programme of Canadian experts. Sessions will include leadership, performance management, interviewing and wealth creation. Participants who enjoy the Friday evening may decide to return on Sunday for a full day of workshops at a special one-day registration rate.

The 20th Annual Conference of the Canadian Association of Neuro-Linguistic Programming (NLP) runs from April 24 - 26 at the Valhalla Inn, Toronto. Full details and registration forms for the conference are available online at www.canlp.ca. Preregistration is required and may be arranged online or by telephone to 1-888-572-0240.

CANLP is a national association dedicated to the promotion and development of the worldwide practice of NLP. CANLP Members are individual NLP professionals including those interested in NLP and CANLP Institute Members who provide NLP certification programs in compliance with the CANLP Guidelines for Certification as well as other training in NLP applications.