

FOCUS ON BUSINESS

Constant State Of *Change*

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Constant State Of *Change*

We all change...we breathe in, we breathe out, and we change. A simple exchange of oxygen and hydrogen, and we will never be the same as we were just a moment ago.

For many years I wondered how we change. There must be more to it than the "think positive" model that's been around forever.

In the early 70's N.L.P. was created, and changed all that. Three years ago, I discovered it and it has changed my life. Now, if you've never heard of it, that's okay, until three years ago, I hadn't either, but I guess it's just not as popular as who might win an Oscar. That being said, I'm glad I found out about it, and hopefully you will use this opportunity to investigate it further yourself.

So...What is N.L.P.?

N.L.P. stand for Neuro-Lingistic Programming, and it deals with the interaction between the ways we perceive information (neuro), the language we use to describe our experiences (linguistic), and the behaviors/patterns we use to achieve things (programming).

By modeling three effective therapists Co-creators John Grinder and Richard Bandler created learnable and teachable models of efficient change and personal growth.

In N.L.P. we usually see 3 types of people coming to learn about it. First, people who find themselves "stuck" in one or more areas of their life, and want personal change/growth, for themselves, now. Second, people who know someone who could use change/help, but aren't able or can't seem to help their friends/parents/children/students as effectively as they would like to. Third, people who are already generally doing well, are optimistic, learning and developing personally, but are looking for the next step in securing achievement or increasing their consistency.

N.L.P., and the workshops I am offering through my new company Constant State of Change, are designed to deliver these patterns of change and growth (through direct experience), to anyone who attends. So, give me a call, or send me an e-mail. Tell a friend, talk about this stuff with your family, put this article on your fridge, and make some time (for yourself) to learn how you change.

As Milton Erickson Ph.D. once said, "How surprised would you be, to realize, that you've already changed now?"



To give just a few examples, with these tools and skills, a trained practitioner can help someone:

- Overcome their phobias
- Re-train our body's re-action to allergies
- Move away from depression
- Build better relationships
- Set and achieve our goals more efficiently, and consistently
- Accelerate our learning of new information

WORKSHOPS:

- Introduction to N.L.P.
Every Wednesday, 7pm - 8:45pm
- Goal Setting & Goal Achieving with N.L.P.
- N.L.P. - The Language of Love (Couples) Feb. 13
- Small Business/Entrepreneur N.L.P. Workshop
Tuesday, Feb. 15, 7:30pm-8:45pm

Call now for details, and to register
for an upcoming workshop.
(416) 992-MARK (6275) or e-mail
mark@constantstateofchange.ca

(For the last three years Mark has been studying, and training in the field of N.L.P. and Epistemology, (the study of knowledge, and how we know what we know), Mark Maclean is a Certified Master Practitioner of NLP New Code, and a Practitioner of Ericksonian Hypnosis. In late March, Mark is planning to further advance his skill set by attending a 21 Day Trainer's Training Course in London, England with N.L.P. Co-Creator John Grinder. Mark is currently available for both personal and business related workshops as well as one-on-one therapeutic sessions. Also, anyone with previous N.L.P. experience is welcome to contact Mark about upcoming advanced N.L.P. networking, and practice evenings.)

Neece Electrolysis & Esthetics

Neece Electrolysis & Esthetics is helping people to look great and to feel even better about themselves. Whether it's the permanent removal of unwanted hair, or a new skin care regime, more and more women are turning to the expertise and professional services of Neece Electrolysis & Esthetics.

Owner and operator, Angela Martino, is a certified electrologist and esthetician, who for 13 years, has provided her clientele with stunning results. In addition to specializing in the most advanced electrolysis techniques, Angela offers a wide range of esthetic services and beautifying skin treatments.

We offer gift certificates that would make a great gift for the loved one in your life. Relax and enjoy a facial massage and deep-pore cleansing. Angela can also custom design the best skin care program that clients can then implement at home.

Neece Electrolysis & Esthetics offers The Repechage Four Layer Facial®! This unique Four Layer Facial® -- a unique anti-aging treatment -- utilizes the natural, therapeutic properties of the sea. Suitable for all skin types, the seaweed based products were designed to rehydrate, remineralize and rebalance the skin.

Repechage seaweed is a hydrophilic substance; it has a natural affinity for water molecules, grabbing them and binding them tightly to the skin. Due to the richness of vitamins, minerals, amino acids and trace elements found in seaweed; the benefits include instant, dramatic results. This treatment helps to improve both skin tones and texture, assuring a long-lasting after-glow with new softness and smoothness.



"Beautifying Skin Treatments make a great Valentine's Gift"

Neece Electrolysis & Esthetics has won a loyal following from clients who appreciate Angela's caring attitude and ability to make everyone feel comfortable and at home. The clean and professional premises are set up with separate rooms for privacy and the latest state-of-the-art equipment.

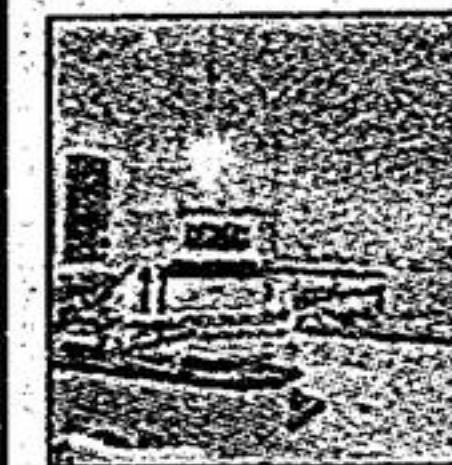
For those seeking electrolysis treatments or The Four Layer Facial®, Angela provides a full consultation where she is happy to answer all questions. Neece Electrolysis & Esthetics uses Apilus technology that is a comfortable, proven method with faster results. Electrolysis can be performed on all facial areas as well as the entire body.

"The electrolysis procedure is very straight-forward as well as safe and effective," says Angela. "It's still the most proven method for the permanent removal of unwanted hair."

Visit Neece Electrolysis & Esthetics at
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