



An introduction to Humanistic Neuro-Linguistic Psychology (HNLP)

by Certified HNLP Trainer – Jevon Dängeli

HNLP is the art and science of being your best. It's a powerful methodology that helps you overcome the obstacles and habits that prevent you from performing optimally. HNLP enables you to get the edge and stay at the top of your game. And beyond games, it's designed to equip you with practical strategies to enhance your abilities in any area of your life.

As a coach who uses and teaches HNLP, I have learned that all behaviours are motivated by unconscious impulses which are known as neurological triggers. These triggers are the catalysts which are responsible for everything that we do. Whether good, bad, resourceful or destructive, this way, that way and anything in-between; all our behaviours are based on certain beliefs that are acted upon when triggered by precise stimuli. Once you know what they are, these triggers can be transformed into catalysts for positive results. The HNLP Coaching model enables you to identify the triggers that cause you to think, feel and behave unresourceful, then change their neurological effect, so that you have more choices available to you.

HNLP is a relatively new methodology that has evolved from classic NLP, the acronym for Neuro-Linguistic Programming. Both NLP & HNLP methodologies offer a positive, proactive, goal-oriented and sustainable approach to enhancing performance. HNLP, however, provides a more Humanistic, Holistic and "organic" approach than classic NLP which is more technique driven. In a nut shell HNLP is the study of how our mind creates our reality through language and behaviour.

It enables us to identify how the language of others, whether verbal or non-verbal as well as their behaviour has influenced us and formed our models of the world. It helps us to resolve our own limiting beliefs, unwanted habits, negative reactions and destructive behaviours. HNLP enables us to easily and naturally enhance performance in our personal lives (in terms of development and healing) as well as professionally (at work and in sport) and in our relationships too.

One of the major premises of HNLP is that you are capable of far more than you think you are, because you are more than you think you are. This idea is based on the knowledge that your current perceptions are limited to how your neurology filters information. It's your internal representations and states that determine your behaviour much more than the world outside of you. Beyond your limited perceptions is your True Self and immense potential.

HNLP shows us how to heighten awareness, use multi-level communication and have behavioural flexibility in order to achieve fulfilling results. This specialised field was created by Psychologists and NLP Master Trainers John Overdurf and Julie Silverthorn. I am certified as a HNLP & NLP Trainer by these 2 great teachers and I'm privileged to impart some of the newest developments in this field at our **NLP/HNLP Coach Practitioner Training** which is held annually in South Africa & Spain.

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