



Anne Laird

supporting success



I offer individuals, couples and groups help finding the skills to make more of their lives. Whether you want to work on career, relationships, health or other personal areas of life, the Neuro Linguistic Programming techniques used will allow you to change the way you live for the better.



Help is available with all aspects of communication and behaviour, how you learn and how you experience the world around you. NLP can help you to reach goals and achieve excellence. I offer confidential support to assist you to live the life you choose.



NLP, or Neuro-Linguistic Programming, is about how we use language and develop patterns of behaviour. Underlying these patterns of behaviour are deeply held beliefs and values. These patterns were a solution to a problem at some point but if they no longer work well for you, NLP can help you to change the patterns. You can also find ways to let go of the beliefs that hold you back and find new possibilities in your life.



- Counselling
- NLP Therapy and Coaching
- Stress Management
- EFT
- NLP Training
- Brief Solution Focused Therapy
- Reverse Therapy
- Hypnotherapy
- Introductory courses in NLP
- INLPTA certified practitioner training
- Stress Management Training
- Anger Management Training
- On-site training of staff
- Negotiation Skills Training
- Presentation Skills Training

