



NLP and its Generational Impact

How NLP Transforms Families, Communities and Societies

What is NLP?

NLP is a globally recognised personal transformation tool that creates pragmatic and highly effective results. NLP describes the fundamental dynamics between **mind (neuro)** and **language (linguistic)** and how their interplay affects **body and behaviour (programming)**.

It was built on the principle that human excellence can be modelled and therefore replicated successfully by anyone.

Today, NLP is used in a variety of fields such as business and entrepreneurship, marketing and communications, training, and counseling.

Benefits of NLP



NLP and its Generational Impact

*“Be the change that you wish to see in the world.”
— Mahatma Gandhi*



Making a positive generational impact by healing family ties with NLP is one of our priority intentions this year. We are delighted to announce that intention was successfully achieved so far. This year, we have helped 7 families to overcome specific challenges, enhance relationships and achieve greater life results. This was done mainly through NLP Coaching and Training. Three families out of this 7 stand out to set a unique example for the effective use of NLP in family settings.

In this newsletter, we feature 3 families who went through NLP coaching and training with us. These individuals demonstrated significant positive transformation due to their NLP experience with us.

We gathered qualitative data to gather their perspectives on how NLP has transformed their family unit. As a result, we explored how the healing and transformations of these families leads to impacting the communities they've involved in and society at large.

Methodology

Individual structured interviews were conducted by phone with each family member who have completed a full coaching programme and/or an NLP certification course with NLP Sri Lanka. Standard questions were asked in the same order for each interviewee and responses were recorded in a written format.

How NLP Works

❖ Personal Mastery and Personal Effectiveness

Participants learned to gain control over their own lives and are no longer driven by external circumstances. They have learned to be the master of their own thoughts, emotions and behavioural patterns. The families successfully identified and articulated their personal vision and purpose in life and are taking steps to achieve it. They gained clarity over their values and therefore, understand how to make empowering choices that will unleash their highest potential.

❖ **Improved Communication**

The participants grasped a sound understanding of the power of both verbal and non-verbal communication. Learning the art and science of building rapport to establish trust and connection have led to highly effective communication at home, in the workplace, and community.



❖ **Strengthened Relationships**

The programmes provided the families with tools and insights that helped resolve past pain and challenges. They were able to operate from the NLP presuppositions and tools that enabled each participant to see things from an objective viewpoint. Understanding themselves as well as others led to strengthening ties with family, friends and business partners and colleagues.

❖ **Overcoming Challenges, Fears, and Limiting Beliefs**

Participants gained confidence and courage to move forward in life by understanding how to tap into the power of the unconscious mind. Examining past challenges, fears and perceived limitations and overcoming them through NLP techniques enabled the families to awaken to a greater version of themselves. They moved from feeling burdened with stress and societal pressures to feeling calm, purposeful, strong and joyful.

❖ **Enhancing Self-awareness and Developing a Positive Mindset**

The NLP coaching and training programme taught the families how to gain self-awareness and reflect on their innermost thought processes, emotional patterns and behaviours. As a result, each family member is now able to evaluate themselves and situations to create positive, desired outcomes. All participants emphasized how important learning about the power of the human mind and language was to their growth and development. It enabled them to cultivate a stronger and positive mindset to succeed in life.

Ashok & Dinithi

Father & Daughter

Learning NLP has created personal and collective transformation in the Fonseka family. Greater levels of patience and harmony have been established. The most important changes are the enhanced levels of connection and trust created due to improved communication and insight between each family member. The family bond has strengthened.



Ashok

“

Both the content and delivery of the NLP programme was absolutely fantastic! It challenged pre-existing ways of thinking and opened a whole new frontier. I felt a new warmth and a kind of undefinable love encapsulating me. I am thankful for the wealth of experience gained and look forward to the next level.”

- The biggest personal transformation Ashok has witnessed is gaining the **confidence** and **courage** to create his desired future.
- He emphasizes the critical importance of revisiting the **belief structures** we hold. NLP has helped him **self-reflect** and examine the limiting beliefs he carries which empowers him to change them to **positive** beliefs.
- He states that **META modelling** has been one of the most helpful NLP tools. Using META modeling, he has learned to ask the right kind of questions to get a **desired response** which has significantly **strengthened** his **communication skills**.
- Ashok indicates that NLP has not only helped him deal effectively with the present but also in the path that lies ahead. He says that **timeline therapy** has been incredibly useful in terms of moving forward from the past and focusing on the present and future outcomes.
- Additionally, he uses techniques such as **the circle of excellence** when facing challenges during meetings at work and during moments in which a change of emotional state is required. Moreover, he has also taught NLP techniques such as **anchoring** to others to further improve their psychological well-being.
- NLP has helped him improve communications with his daughters and thereby experience a **deeper bond**.
- Overall, he has witnessed the family becoming more **connected**. There is an increased sense of calmness amongst one another. He also has the confidence that any challenges they face, can be resolved by moving to **resourceful states**.

Dinithi

“

The NLP Entry level programme helped me gain new perspectives in life. Most importantly, it helped me uncover certain perceived limitations I had around achievement and I now know how to move forward.”

- The biggest personal transformation Dinithi has experienced through NLP is the transformation of her **thinking patterns** from negative to positive. She now looks for the silver lining in all experiences.
- She has experienced greater levels of **self-awareness** and developed **patience** to deal with situations.
- Using **perceptual positions** and the **NLP presupposition**, “*people are doing the best they can with the resources they have available*”, Dinithi has learned to understand another’s perspective and respect their viewpoint.
- One of the most noticeable changes in her life can be attributable to setting **positive intentions** which has resulted in **greater effectiveness** in day to day activities, including greater levels of productivity in her studies and at work.
- One of the biggest breakthroughs occurred as a result of identifying and overcoming limiting beliefs around success and achievement. The course helped Dinithi believe that she can succeed in her future aspirations.
- As a family, she witnesses an **enhanced bond** and ability to successfully **mediate** emotions when communicating.



Ryan, Namali & Oneli

The Dunuwille Family

NLP has brought about a significant transformation within the family on a holistic level. Years of societal conditioning and belief systems have undergone positive and sustainable change. The whole family reports strong levels of connectivity, unconditional love and undying support for one another. Breakthroughs experienced have enhanced quality of life, success and joy.

Ryan

“I feel better after having attended the NLP programme. The investment was truly worth it for the learning I received. I received a deeper understanding about my limitations of the future and how to overcome it.”

- Ryan has undergone a significant transformation since he opened himself up to learning NLP and healing.
- He says that the biggest gain from NLP has been the awareness that there is always a choice one has in any given situation. NLP enables a person to create **new levels of awareness** and thereby **increase choice** to achieve desired outcomes. NLP has taught Ryan how to pause, take a step back and **reflect** before acting.
- Having almost the whole family learn NLP has vastly improved **understanding, love and empathy** within the household and beyond. The emotional states of the whole family are positive, and communication is strong.
- The family has broken the old cycle of putting pressure on children’s achievements and other activities due to societal expectations. Stress has been transmuted to **joy** and **acceptance**.
- When he first came for NLP, he was under tremendous stress from work. He now reports greater levels of **peace** and **personal mastery** over his thoughts, emotions and behaviour.
- **NLP Success formula** and **perceptual positions** among other NLP techniques have helped improve work and life.

Namali

“The NLP Entry Level course was one of the best training programmes I have ever attended. I felt light and peace within myself and got a clear idea about what I truly want in my life. I learned that if I want to change my reality, I must change my mind.”

- The biggest personal transformation Namali has experienced from learning NLP is the power of a **positive mindset**. Since then, she has changed her use of words to adopt a more positive outlook.
- She noticeably witnesses greater levels of peace within herself and can move through the world with more **calmness, acceptance** and **understanding**.
- The greatest gift she has received from NLP is knowing how to understand and **support** her daughter in a manner that will help her daughter become her **best self**.
- Both Namali and Ryan are grateful for the unwavering belief that their NLP Teacher, Jayamini D. Samarathunge had in their daughter, Oneli to succeed.

Oneli

“I’d like to thank my parents and Jayamini for giving me the great opportunity to learn NLP. I learned my purpose and how to achieve it. I’d recommend this course for anyone trying to find their purpose.”

- Being the youngest NLP student, Oneli has achieved the status of the “best student in the class”.
- Oneli demonstrated an **excellent grasp** of the subject and was able to apply it to her studies and day to day life.
- She says that she experiences **greater levels of joy**.
- She is now more **determined** and **enthusiastic** to study hard and achieve her **highest potential**.

Shyama & Chathura

Mother & Son

The family unit has undergone positive change as a result of individual transformation. NLP has inspired the family to live a purposeful life and become change agents in the community and society. Leadership initiatives using NLP have empowered them to create positive and lasting transformation in the network of lives they touch.



Shyama

“ I must say NLP was a turning point in my life. It was amazing to see how my past experiences influenced my beliefs, thoughts and behaviour which I was never aware of until now. Because of this course, many positive changes have taken place within me and around me. My home is now a happy place and I accomplish my work with ease and flow. Many doors are opening for me to practice NLP with students, parents, relatives and friends. ”

- Through NLP, Shyama has articulated her **life purpose** and is living it through **service to others**.
- Shyama says that NLP has significantly transformed her professional life. She uses NLP techniques to work effectively and efficiently which gives her **greater sense of peace** and **determination**.
- NLP has provided her with transformative tools and insights to carry out her duties as an Educational leader in the nation. She had learned to work smoothly with a wide variety of people in her profession.
- Further, the NLP techniques and processes have been highly effective in mediating challenges experienced by students in her community. The parents and students she meets with regularly have demonstrated tangible transformation after her successful NLP interventions. **Intentions, META modelling, and sub-modalities** are few of the many NLP tools used.
- Shyama has a newfound sense of **peace, lightness** and **joy** both at home and work.
- New avenues are opening that are in alignment with her vision of **being of service**. Through these new projects, Shyama is making a **big impact** on her community and society.
- As a family, Shyama is able to discuss life situations with her son and inform the rest of the family about how and why specific behaviours occur which results in **positive outcomes**.

Chathura

“ Learning NLP was a superb experience in my life. The techniques and ideas that were planted in me during the NLP Entry level course has given results, especially at work since I work in HR that involves problem solving for a wide variety of individuals and situations. ”

- The biggest takeaway from learning NLP has been understanding the **power of thoughts** and **language** and what a significant impact they make in our lives. As a result, Chathura has changed the way he thinks and speaks.
- Chathura has implemented the tools learned during the NLP entry level course into day to day activities and is **seeing results** – especially in the workplace where he guides employees and mediates conflicts.
- Specifically, he uses **intentions** at the beginning of his day and makes use of NLP based philosophies to guide conversations and interactions at home and work.
- As a family, NLP has created a higher level of **awareness** around specific thinking patterns and behaviours which has resulted in insightful dialogues and reflections.



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