



TITLE: How NLP helped me create Evolve with Leisse Wilcox

NLP is the user's manual to your mind. It is a shortcut to help you to truly know yourself - how your mind works, processes information and experiences. Our thoughts and internal dialogue are an extension of the core beliefs that we hold in an unconscious capacity. We cannot access 90% of the iceberg that's hidden below the surface. Perceived blocks or obstacles become ingrained in the fabric or the fiber of our being from unconscious experiences we've had in our very earliest childhood days. Nervous system healing happens at an unconscious level and refers to somebody else's version of reality that they pass on to us until we decide to do things differently. We discussed a range of topics from what NLP stands for, my upcoming book and how we can create our own narrative from a healed and informed place.

We discuss:

- What NLP means and why it is important.
- When you tap into feelings and emotions during an NLP session, you can end up with a vulnerability hangover.
- If you stay stuck in the story of overcoming you stay stuck in the trauma of the past.
- The gift of using NLP informed work is that we start to understand how our past has informed or shaped our present without letting it dictate our future.
- What imprint your story left behind and how can we create a new story that moves you in the direction you want to go.

Connect with: Leisse Wilcox

Website: <https://leissewilcox.com/>

LinkedIn: <https://www.linkedin.com/in/leisse-wilcox-197a31112/>

I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.