



PROACTIVE NLP LTD

Reflect, Renew & Regenerate Personal Development Retreat

Come to Proactive NLP Ltd and spend some time investing in you. We invite you to Reflect, Renew & Regenerate to find your true purpose in life and leave knowing that you have all the resources you need to make any changes you wish to make.

By choosing to reflect upon and explore the meaning you have given to your current situation you will be facilitated through transformational processes. This will empower you to renew core values and beliefs leading you to regenerate your sense of who you are leading to an acceptance of your true purpose in life.

During your time with us you will be facilitated through powerful NLP Coaching, Psychotherapy & Hypnotherapy processes that when combined together produce rapid and long lasting change.

The retreat is your retreat and will be designed by you to ensure you achieve your outcome. A retreat can be any length of time that you wish, it can be spaced over whatever period of time you feel is most appropriate for your circumstances.

During retreats all sorts of issues are explored by clients, examples include:

- Unwanted Habits & Behaviour
- Alcohol
- Fears & Phobia
- Confidence
- Career Coaching
- Life Coaching / Executive Coaching
- Stress
- Anxiety / Mild Depression
- Negative Emotions:
 - Anger / Sadness / Fear / Guilt
- Relationship Issues
- Dysfunctional Behaviours
- A sense of feeling lost
- Creating a Purpose for Life
- Personal Growth & Development
- Health Issues





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With Proactive NLP Ltd you are assured of an approach that is respectful, thorough and utterly professional at all times. During retreats you will be given the space to move towards the most rewarding outcomes and we will support you as you breakthrough the most restrictive obstacles.

Each retreat is unique, just as each client is unique. The price of your retreat and the amount of time you wish to spend with us will be negotiated with you individually. Payment can be made via bank transfer, paypal, online or by phone. Payment plans are available upon request. Any accommodation costs are separate.

Your retreat will be facilitated by Paul McGowran. Paul is a Neuro Linguistic Psychotherapist in Training as well as a Certified Trainer of NLP and a Master Practitioner of NLP. Paul also holds a Diploma in Clinical Hypnotherapy.

Neuro Linguistic Programming is without doubt a powerful methodology for creating change and success. With this power comes responsibility, the responsibility to teach and train NLP in such a way that the integrity of NLP is preserved and the field of NLP becomes truly generative.

At Proactive NLP Ltd our purpose is simply to create a world where people are able to live proactive lives and thereby enable others to live proactive lives. This will in turn create proactive communities. Making the proactive choices and being accountable for our decisions can and will lead to less conflict and anxiety therefore creating true happiness.



Contact us

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