

From your local *CPD group

Hi! This may well be the first you have heard of us... We have been meeting for a few months now, and have a new development this month, which I thought might be worth spreading farther afield.... news, tips and info for anyone interested in making life better ... in our new e-newsletter 'For a Better Life' below. Hope you like it.

For a Better Life...

news, tips and info for anyone interested in making life better- at home, business, sports and beyond!
edited by Richard Walker <<http://www.abetterlife-uk.com/>>, host of the local CPD group* for personal behavioural change experts.

This edition there's quick info (with links) on things like which personality types get promoted, some pearls of wisdom, a tip for relaxing in an environment of constant change. One of the aims of the group is to help bring NLP'ers and Hypnotherapists closer together, to benefit from the joint skills. In that vein, I know some of you will be interested in the attached info on an early opportunity to join a small group to learn 'how to make hypnotherapy work better' ... using NLP and Time Line Therapy.. It's in July, so you'll need to act quickly!

Which personality type gets the promotion? When looking for help with a task at work, people turn to those best able to do the job. Right? Wrong. New research published in Harvard Business Online shows that work partners tend to be chosen not for ability but for likeability. <<http://m1e.net/c?33683699-EHo/g1tJKYh9.%401031573-obSvp9Osw5/io>>

Flexibility wins out again! 75% of companies say that **flexible working practices** had a significant or positive benefit on staff retention, 70% say motivation has benefited and 50% say there have been recruitment benefits. The Flexible Working survey was carried out by the (CIPD); see <<http://www.cipd.co.uk/E/R.aspx?U=817&C=XXX00018>>

It's true..alcohol affects women worse. Experts warn more and more women are risking their mental health by taking up drinking. <<http://m1e.net/c?33683699-DidVXRT9AUNNA%401031578-6gGbMAjtXnarl>>

Easier to swallow. No-one likes criticism, yet wouldn't you want to be told if there were a better way of doing something? Give and receive more effective feedback, to cause unconscious learning, using the '**feedback sandwich**' within 15 minutes of an event. 1. Give specific and supportive comment or praise for efforts or achievements on the matter in question. 2. Offer a 'stretch' - ie. a way they could improve on what they are doing; be specific. 3. Give general overall praise for their efforts. Use it and observe the results!

Food for thought. Does modern life sometimes get you down? Feel you can't make a difference on your own? Think about this....**the 100th monkey**, an often quoted story about social change by Ken Keyes, jr. <http://spiritual-endeavors.org/peace/the-hund.htm>

Relax... a meditation on change. As our culture increasingly requires us to embrace change, reflect on this helpful meditation <<http://m1e.net/c?33683699-F8EiYZ0dClDw%401031570-EJEsxhXVoRwm%2e>>

Wisdom...When you make the biggest mistake ever, something good comes from it; When you think the world has turned its back on you, take a look - most likely you turned your back on the world; When you think you have no chance of getting what you want, most likely you'll be right; but if you believe in yourself, sooner or later, you will get it.

Making Hypnotherapy Work Better! Want to **improve your confidence, ability and success** as a hypnotherapist? Then this course is designed for you. Integrating NLP and Time Line Therapy with a new and unique concept, the Physics of Wellbeing, to provide a powerful approach for you to use for yourself and to help others change their behaviours and heal the symptoms of disease. Limited early opportunity.

***Concept & purpose of the CPD (Continuing Professional Development) Group**

A voluntary commitment by specialists in solution focused behavioural change and healing techniques, including NLP (Neuro Linguistic Programming), <<http://www.nlp.com/>> and Hypnosis <<http://www.abetterlife-uk.com/abouthypnosis.html>>. It's aim is to inspire, encourage and develop ourselves and others in a professional yet supportive and fun environment. Key themes are networking, critical discussion, education, business development, professional support and public confidence. We are based in Harpenden, and talk to Herts, Beds and Bucks, plus North London.

PS. If you like this email newsletter, please do pass it on. If it has been forwarded to you and you'd like it regularly, email me with **SUBSCRIBE** in the subject header. If you want to stop receiving it, please email me with **"REMOVE"** as a subject header. We love to include your contributions - about events, news, resources etc that you would like included. Please keep entries to a few lines, and include links to further information. Email to newsletter@abetterlife-uk.com