



Da Silva Coaching

Solutions Designed to Achieve Success and Embrace Change

WHAT IS NEURO LINGUISTIC PROGRAMMING (NLP)?

NLP is retraining the brain to get what you want from life

THE AIM OF UNDERSTANDING YOURSELF OR MAKING A CHANGE

Live the life you want to lead – why settle for anything less?

Be who you want to be – if you are not happy - change it!

Do what you want to do – what is stopping you?

Have what you want to have – anything is possible!

HOW CAN NLP HELP YOU?

NLP can help with many aspects of your life including your past, present and future. Are you ready for an amazing transformational NLP personal or business coaching session?



Ready to make a change? Get in touch

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Personal Coaching



- What do you really want to stop?
- What would you love to start?
- What does your future look like?
- Would you like to know yourself better?
- Would you like to improve your communications and understanding?
- Would you like to understand your behavior?

HELP IS AVAILABLE FOR:

Confidence • Self Belief • Self Esteem • Communication • Managing Emotions
 Habits • Performance, goal and outcome achievement • Phobias
 Relationships • Decisions • Health • Positive mind-set • Limiting Beliefs

What options are available for coaching?

- One hour regular coaching sessions
- Bundles of 3 sessions (reduced price)
- Breakthrough coaching



Methods Of Coaching



Here is how we have helped others

“Thanks for all of your help and support! Having done some NLP sessions with you really made me feel confident and eager to have a go at what I wanted.

All I needed was the courage to try. I am so glad that I have had the sessions... Massive thank you!”

“Awesome NLP session today Lesley, very much looking forward to the next workshop!

Thanks for a thought provoking afternoon!”

Group workshops are available with entry rates starting as low as £5
 Follow us on Facebook for the latest event dates and promotions

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