

I have always been interested in how people think, why and how they make certain choices in life; how resilient people overcome failure and challenges, what they do and how they become successful.

When I decided to train NLP with Steph at Metamorphosis, I wanted to finally convince myself that everything I know and feel about myself and the world is nothing but normal, and the way I think about things is the reality - my reality I create for myself. And I wanted to learn how to create the reality which is perfect for me.

I was on the right track of being myself, staying real and authentic, and live the way I want. I just needed someone or something to open up my mind and actually confirm that nothing is wrong or right as long as YOU are happy with it (we know it, but we don't believe it).

If before I felt unsure or I had some doubts in regards to what I want to do in my life, since I finished the training I have no doubt about myself and I have an enormous feeling of happiness and joy that makes others turn around and wonder what happened to me...

I tell everybody that the Metamorphosis NLP training is much more relaxing than a 3 week holiday in a 5 star luxury holiday resort with spa, massage, food and all the stuff. Why? Because your mind needs a rest, a break from everything that is part of your normal routine, and even planning a holiday and travelling could be stressful and exhausting. You just need some time for Yourself.

The Metamorphosis NLP Practitioner Training was the best investment I have ever done, for myself and my life. We invest in cars, houses, hi-tech devices and other material goods. Being busy in obtaining these things, we sometimes forget about ourselves. The best investment we can do is in ourselves. Then we will be able to acquire other things.

So, how was my holiday in Raglan at the Metamorphosis NLP Resort? The most relaxing holiday I have ever been on and the training was by far the best I have done (and I had lots in my life, formal and informal as well). Nothing compares with being away from home, work and other "distractions" and learning NLP in a beautiful place like Raglan and in your own pace. This really helps you to stay focused on yourself and be able to easily assimilate the new learnings. I've spent 3 full weeks on the training and, even it was a learning experience, I didn't have the feeling of being overwhelmed by the information...and it was a lot to carry on. I was like a sponge that absorbs everything in a bit and when it dries out, it absorbs even much more. Steph used her NLP skills and great teaching experience in creating a natural and easy learning experience for all the participants.

I felt absolutely safe and comfortable with expressing myself and working with my colleagues in achieving the best results from the practical exercises we did. We worked with our own "materials" – real issues, life challenges and limiting beliefs about ourselves – and absolutely nothing was weird and made me feel out of my comfort zone (in the past that would have been a real problem).

What have I gained from the 3 week NLP training? More things than someone could imagine.

Apart from the powerful NLP knowledge and invaluable skills, I gained positive changes that will last for ever. Everything I learned about NLP, I used on myself during the 3 week training. My colleagues were my NLP coaches during that time and all the coaching processes and tools helped me in an incredible way and it felt so natural to become myself. I also experienced being on the other side, being the coach and helping my colleagues with their issues. This was the best rewarding experience – seeing and feeling the outcomes, was absolutely fantastic.

And the story continues - I use NLP in my daily life, on myself and with others. I've become more aware of my thinking patterns and notice things that before I wasn't able to notice in myself and others around me.

I have gained great friends and lots of learning and knowledge from the life experiences we (the participants) shared with one another. All of us were sorry that the training was finished...such a great bond that created between us...it's just incredible how powerful the experience was for everyone.

I have gained extraordinary communication skills that help me in any area of my life, either it is personal (family, relationship), work & business related or social. I have managed to put myself together and find the time and the energy to pursue my dreams. ("The time" issue was a real struggle before). And this feels extraordinary. I am a free person who knows who she is, what she wants and how to get there. I am a person who is able to have a positive experience from everything and influence positively others' lives as well. For being the change you want to see in others, you need to change yourself first. This is how it works, not the other way around. And finally I understood why it is like this. (I really recommend you to do the course; it will help you as well).

Everyone will benefit from this course, everyone who find themselves juggling and struggling with lots of things that happen daily; everyone who feels misunderstood by others; everyone who has real challenges in communicating with others without hurting and creating future conflicts; everyone who wish to have a fulfilling life - a life of joy and happiness; everyone who dreams of a perfect relationship/ marriage; everyone who feels overwhelmed by stuff coming into their life; everyone who is willing to change themselves in order to become a better and genuine Self; everyone who wants to be more successful in reaching their personal and professional goals. Really? YES, EVERYONE!

Steph is a wonderful person with a huge sense of humour...I laughed more than I can remember and I had the time of my life. Plus, I discovered I am funny as well (weird, I don't know how she did it...I'm a serious person 😊). I was absolutely at ease with her teaching style and being there in the training environment. I just loved being there and grateful for having the chance to meet Steph in person.

You can really feel Steph's energy and genuine passion in teaching NLP and sharing with others her knowledge and experience in coaching NLP. She has a big heart and all the room fills with the powerful energy she transmits from every cell of her body...even Raglan is touched by Steph's energetic waves...you can feel the good energy everywhere while staying in Raglan...you will see and feel the same when you get there.

This is why I chose to train NLP with Steph, only a passionate person will help me to learn and will inspire me to follow their lead and acquire sustainable change. And she did it.

I take my hat off to You Steph for who you are and for the beautiful and inspiring things you bring in people's lives.

With lots of love,
Ela Badea, TELCO industry