

Brian Costello's HeadstrongNLP, the training that reaches the parts others don't!

Move over Daniel Radcliff, Brian Costello is here!

Whilst I knew that one of the basic principles of NLP is "story telling", I never imagined that on a wet Sunday afternoon in August 2007, I'd witness an ex-banking employee and trainer leaping energetically across the room shouting "expecto patronum"

Unexpected and energetic are two words which are central to Brian's work and as such, are HeadstrongNLP's real strengths.

Picture the scene if you will, warm and dry in the west end's newest and friendliest venue in Ruthven Lane – Gather, owned and run by Pippa Gardiner, 13 brave souls had embarked upon a journey of personal and professional discovery guided by Brian and his colleague Tom.

We listened as the rain rattled on the roof, to well positioned Ipod anchors, anecdotes and theory alike. Brian obviously knows his stuff and is very passionate about his subject. His use of props kept us all entertained - even those who struggled with "switching off the chatter of their conscious minds"!

Brian's unique mix of NLP, "Timeline" Therapy and Hawaiian Huna provided us with plenty to think about and for some the results were indeed unexpected and thought provoking. Timeline therapy is just one example.

"Timeline" therapy is a technique whereby an individual visits the first event that caused them a particular emotion for example, "guilt". I won't bore you with the mechanics, but suffice to say - if that event was in a past life or the wombStay with me here, you'll be glad you kept going.....that's where they need to go back to, to ask their unconscious mind to let it go!

Speaking personally, I have never experienced anything quite like it and plan to explore this further. Others may choose to call it vivid imagination!

Overall, it was a thought provoking experience with an interesting mixture of material but there's never enough time though is there! That wasn't a problem here as Brian offered us free follow up 1-1 sessions to pursue the areas we were interested in.

So what did we learn? My sense is that each person's experience was unique and private and therefore I can only speak for myself.

I would recommend you try Brian on for size and see if he fits, for me the following have proved most useful:

Hakalua - using peripheral vision to a) Relax and b) improve visual acuity (noticing stuff!)

Anchoring – the good stuff and un-anchoring the stuff you don't want to repeat

TimeLine work – providing a different perspective on you problems

And finally to sum up the session, I would like to return to the start – Unexpected and energetic is what you'll get when you join Brian Costello and HeadstrongNLP..... but more than that, you'll get a ticket to an upbeat and entertaining world where you really can change things about your life if you choose to. Thank you Brian!

Vicky Ross