



**PPD Learning Ltd**

*NLP for the 21st Century*

**A NEW NLP seminar  
for times of crisis and transition**

# Fitness for the Future

**Self-Leadership and Well-Being for  
Personal and Organisational Transformation**

**With Robert Dilts**

*27 February – 1 March*



What do you and your business need to stay healthy and thriving in our complex, fast-changing, unpredictable world?

Energy-management, resilience and 'requisite variety' are key for the sustainability, flow and effortless excellence of living systems in times of crisis and transition.

Learn powerful tools from the technology of biofeedback - pioneered by Robert Dilts - and from the leading-edge, *3rd Generation NLP* field-based, systemic approaches to transform your strategies for long term success.

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**In difficult times more than ever we need to be able to stay balanced and intelligent, skilful and resilient.**

**At PPD Learning we offer the kind of NLP that truly engages with the problems we are facing.**

**Rather than be fearful and anxious, join us to learn more deeply how to stay centred and generative, even through tough times.**

**This is the real promise of systemic NLP - to develop the skills and tools we need to thrive and grow in our challenging and dynamically changing world**”

Judith Lowe, MD and Principal trainer PPD Learning  
(from *PPD Learning Newsletter Sep 2008*)



**Price: £420 + VAT**

**Early Bird Saving £75**

**for NLP Conference delegates and PPD Learning Alumni £345 + VAT**

**Venue: Central London**

**Book your place now**

**[www.ppdlearning.co.uk](http://www.ppdlearning.co.uk)**

**0870 7744 321**