

Services

Workshops, Coaching, Conferences

- * Learning to Learn
- * Positive Thinking
- * Effective Non-Verbal Communication
- * Taming Stress
- * Eliminating Phobias and Fears
- * Aging Well
- * Modelling
- * Timelines
- * Beyond the Beaten Path
- * Creating a Vision and a Mission
- * Perceptions and reality

Workshops, Coaching, Conferences
Personal and
Professional Development

For Golfers



Playing in the **ZONE**
Mental Strategies for Golfers...

What is **NLP** ?

NLP is a combination of techniques and strategies that are useful to reshape thinking in order to achieve goals.

These strategies and techniques were drawn upon observations and the study of human excellence to design a practical approach to durable personal change. With these catalogued and identified success strategies, NLP provides powerful tools to access resources within and realize dreams.

These success strategies are often compared to software for the brain.



Founder and director of the Sudbury NLP Center, Louis Tanguay, over the past decade, has perfected his knowledge in Neuro Linguistic Programming by completing the following certificates: *Practitioner* (Montreal, 1989), *Master-Practitioner* (Bali, 1990) and *Master-Practitioner in NLP Modelling* (Orlando 1991). He has taught NLP techniques as a tool for personal and professional improvement.

Teacher and coordinator of cultural activities and leadership for many years he continues to participate in numerous cultural and social activities. He has participated in a number of televised productions. His workshops are relaxing and filled with humor.

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Information

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