

NLP International Conference in review

NLP
INTERNATIONAL
CONFERENCE
17 – 19th May 2019
The Park Inn by Radisson, Heathrow
LONDON
www.nlpconference.com



By Andy Coote

At the NLP International Conference this year, I spent some time meeting and talking to people, some of whom I knew and some who were new acquaintances. People come to the conference for many different reasons and I was interested in why they came, how their experiences had been whilst there and whether they would return another time.

James Tripp has been a regular attendee at the conference since it was held at Regent's College. He told me, 'NLP is my background. I've been operating in the field of hypnosis, professionally speaking, for a fair while. I owe NLP a lot and I love the scope it gives me for exploring interesting things. So I'm coming back into this world and reconnecting with it after years on "foreign" shores.'

Or Levy was part of the Israeli group around Ronit Goldberg, a regular at recent conferences and a major influencer in her home market. Or told me, 'Basically I was interested to get to know more about the worldwide NLP community and listen to some interesting lectures. My teacher

'The three days I experienced were inspirational, motivational, insightful, sometimes emotional and overall simply extraordinary'

- Tony Nutley -



Ronit taught me pretty much everything I know about NLP from the practitioner course all the way through to coaching and being a trainer. I'm also part of her academic team, teaching NLP.'

Tony Nutley, NLP coach and trainer, has actively avoided coming to the conference in past years. Now he is a convert. He says, 'If you decided to pass on attending the NLP conference this year, trust me on this, you made a mistake. I have not attended in the last few years based on ancient experience and some preconceived notions. I have to say, I was wrong; the three days of the conference have been one of the richest learning environments I have had the privilege of being a part of for many years.'

Martin Crump, NLP trainer, was at the conference as a speaker, having been persuaded it would be a good idea to submit a proposal. 'I arrived on Saturday, checked in and went to get a cup of tea, and was approached by the only other person standing there, who introduced himself and told me he was looking forward to my





presentation the next day. He'd recognised me from my photo in the conference planner and wanted to say hello. Everyone at the conference was really friendly, and I had lots of very interesting conversations at the event and afterwards.'

So how was their conference experience?

James Tripp: 'I've enjoyed the conference and seen some fantastic speakers. I love these sorts of events where you get to dip into many different things. The way my mind works, sparks of connection happen between disparate things. This is exactly the kind of environment that allows for this to happen or at least facilitates that and acts as a catalyst. I also find equally as much value in the side conversations that happen in the corridors and the refreshment rooms between the sessions. Really enjoyed it, got a lot from it.'

Or Levy: 'The level of professionalism in NLP in Israel is high, especially when it comes

'I love these sorts of events where you get to dip into many different things'

- James Tripp -



to Ronit and the people around her. I don't think I've acquired a lot of new knowledge but definitely a new perspective on things that I already know.' Would he come back another year? 'I think so, yes.'

Tony Nutley: 'The mix of workshops and quality content was outstanding, not to mention the opportunity to catch up with old friends and to make new connections. Additionally, I was able to develop some great business opportunities that my team and I are really excited about. Be sure to book your spot for the NLP Awards gala evening dinner; all I can say is WOW! If you are thinking about the 2020 event, and wondering if it's for you, I honestly recommend the event. The three days I experienced were inspirational, motivational, insightful, sometimes emotional and overall simply extraordinary.'

Martin Crump: 'I had decided to watch all the presentations in the Business strand as my focus on NLP is business applications but after the first session I decided that I should go to the sessions I wouldn't normally focus on, to see what learning from these I can apply in my practice.'

'I had a great time in the 'Mindfulness-based Inner Repatterning' session by Tania Prince, where I learned how to get rid of my





► impostor syndrome, which was really useful, given that it was talking loudly in my ear that morning. I wasn't sure what to expect from the name of the session, but I got a lot out of it, especially the value of stepping out of your comfort zone. Robert Dilts is a hero of mine and I use the logical levels model in most of what I do – it's at the core of my strategic planning tool, my coaching approach and my cultural change models, so hearing from him was a highlight. Overall, the key learning I got from the conference was: after 23 years of learning and using NLP I am pretty good at it, and I'm well respected by the NLP professionals whom I met. That said, I've still got lots of opportunity to improve my knowledge, skills and understanding. It also brought home to me how effective and useful the presuppositions of NLP are – especially this piece of advice: "You have all the resources you need to achieve your goals. There are no unresourceful people, only unresourceful states." I certainly feel in a much more resourceful state than before I went.'

I spoke to many more people at the conference and took part in

'I was interested to get to know more about the worldwide NLP community and listen to some interesting lectures'

- Or Levy -



some great exercises, getting to know some people better and others for the first time. The feedback from others was often non-verbal: relaxed posture, eye contact and smiling. Not all conferences have had this level of energy. The keynote from Judith Delozier and Judith Lowe set the tone and energetic level and held the attention of a very large and attentive audience learning about Passion in Action and working towards our dreams.

The organisation and stewarding is now getting to a good professional level where they are hardly noticed most of the time, even with the purple tabards they wear. Rooms are turned round, audiences moved in and out with speed and ease, refreshment breaks and lunchtimes are facilitated by the conference team and the hotel to be as effective as possible. From arrival to departure (and before and after that), the conference just works.

This year's mix of sessions seemed to me to be varied and honoured both the roots of NLP and the places where it is going. Next year it would be great to see even more diversity and range in the sessions and a younger element to audience and speakers.

Will I be back next year? I most certainly will. I hope to see you there. ■

