

Helping minds work in harmony

Local identity, Jenny Keddell, has recently completed her studies in Neuro Linguistic Programming. NLP, as it is referred to, is the influence of language on our mind and subsequent behaviour.

“Simply put, it is having our conscious and unconscious minds working in harmony,” Jenny said.

“Most of us carry around unwanted ‘baggage’ – old behaviours and belief systems about ourselves that no longer serve us. For me personally, it has been a transformational process, and I was fortunate enough to be taught by a master.”

Steve Kormas, who was Jenny’s trainer, has this to say about her.

“Jenny has truly mastered the skill of helping people to be the best they can be. She does this with grace and compassion,” he said.

Jenny said that NLP can be utilised in a number of ways – from improving communication skills to finding more success in our business and personal lives. Many sales people have found their success rates dramatically increased by learning how to elicit purchaser’s preferred method of communication and building rapport.

“This form of NLP is both fun and exciting. I call it body language for the eyes,” Jenny said.

Jenny is now also a certified clinical



Jenny Keddell.

hypnotherapist and is happy to dispel some of the myths surrounding this amazing form of therapy.

Hypnotherapy is not a lack of control or a state of being weak-minded. It is an awake state of relaxation. It is a state of being in rapport with your unconscious mind.

“Our conscious mind focuses on the ‘outside’ of ourselves and our unconscious mind focuses on the ‘inside’ of ourselves, for example, memory and recall of past events and knowledge. It is in our unconscious mind that our

changes can take place. Our conscious mind makes the decision to change, however the work is done in the unconscious mind,” she said.

One of Jenny’s clients had this to say: “Thank you Jenny – your integrity and your enthusiasm, along with the power of NLP’s techniques has affected the way in which I view myself and the world around me.”

There are many processes that can be utilised to best suit the individual client. Jenny is now taking appointments on 0419 500 438.

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