

Uses of NLP

NLP can be used for personal development, phobias, and anxiety. NLP uses perceptual, behavioral, and communication techniques to make it easier for people to change their thoughts and actions. NLP relies on language processing but should not be confused with natural language processing, which shares the same acronym.

The benefits of NLP

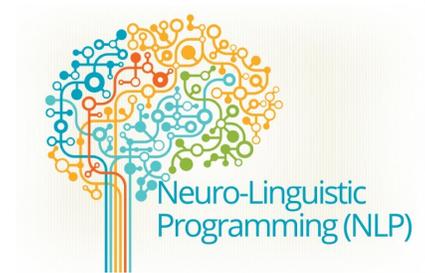
(Ref. Infinite excellence)

The benefits that can be achieved through NLP are vast. Here are just a few examples of what is possible

Personal Development

NLP can help individuals with challenges large and small in life, whether they are to overcome problems or increase performance:

- Change, adopt or eliminate behaviours as you desire
- Choose your mental, emotional and physical states at any time
- Communicate more effectively with anyone you meet and even yourself
- Remove limiting beliefs
- Access powerful internal resources
- Get the results you want
- Lead the life you want and deserve!



And all that means:

Being who you want to be, doing what you want to do, or having what you want to have, either personally or professionally.

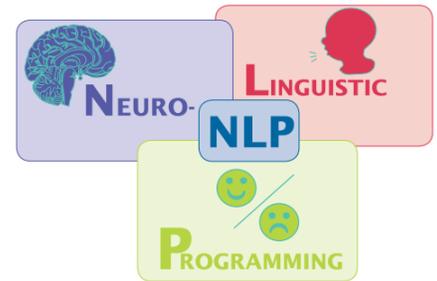
Business

NLP is already extremely popular in the business world, with many organizations and consultants utilizing a variety of NLP techniques to get businesses great results and quickly:

- Improve people management and motivational leadership
- Build rapport with employees, customers and suppliers
- Communicate effectively to employees, customers and suppliers
- Develop presentation skills that really communicate to your audience and put you steps ahead of the competition
- Set up and run effective action based meetings – maximizing time and results
- Recruit and plan succession management effectively– get the right person for the right job and at the right time
- Use strategies to maximize buying and selling opportunities
- Maximize advanced negotiating and influencing techniques
- Apply effective problem-solving techniques
- Optimize sales using the 5 step sale process
- Remove limiting beliefs for self and team freeing you to achieve optimum performance

And all that means:

- Increased efficiencies and productivity
- Improved business performance
- More time to focus on results and not problems
- More content and motivated employees
- Staff development
- Reduced staff turnover
- More satisfied customers
- A healthier bottom line!!



Sport

NLP offers many key techniques to support sports people in achieving their performance goals and is well recognised throughout the sports world:

- Establishing achievable goals
- Increasing motivation
- Removal of limiting beliefs
- Reconnection with positive internal resources
- Modelling excellence in the field and applying to self for consistent positive results

Health

It is recognised scientifically that there is a mind-body connection i.e. our minds affect our bodies, positively and negatively. NLP is a valuable set of techniques to support both those working in the field of health and individuals who want good health for themselves.

For the practitioner:

- More effective communication skills with clients improving diagnosis and treatment
- Improved business management across all areas
- Broad range of techniques to improve health and wellbeing with clients

For the individual:

- Improve health
- Reduce stress
- Increase energy
- Engage the mind's ability to heal the body itself
- Adoption of beliefs and attitudes to support health and wellbeing

Training/ Education

Teachers and trainers can apply NLP in many learning environments to maximise the learning of individuals and groups:

- Develop effective presentation skills
- Adapt language to individual preferences
- Maximize learning strategies
- Adapt to individual learning styles and preferences

In the next edition of Blossoms, I will write more about NLP and its impact, especially when communicating with children.

Have a lovely rest of the week.

Mr Akif Naqvi,
Headmaster.



WOW

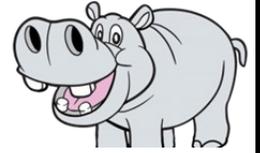


- YEAR 1 RABBIT Emmanuella Olujinmi
- YEAR 1 RABBIT Daniel Ishola
- YEAR 1 SQUIRREL Ryan Adedeji
- YEAR 1 SQUIRREL Aisha Mohammed
- YEAR 1 SQUIRREL Timeyin Ikomi
- YEAR 1 SQUIRREL Lynn Tahini
- YEAR 2 DOLPHIN Alessia Fiorina
- YEAR 3 GAZELLE Hilary Brou
- YEAR 3 GAZELLE Khayil Obi-Akatchak
- YEAR 3 GAZELLE Samantha Akinwolere
- YEAR 3 GIRAFFE Ryan Ojowu
- YEAR 4 ELEPHANT Imani Akinlade
- YEAR 4 ELEPHANT Elianna Osigbemeh
- YEAR 5 WOLF Radhiyyah Abdulrahman
- YEAR 5 WOLF Myles Agbogo



Year 4 Hippo Class Assembly – Child Abuse

What an important issue highlighted in a sensitive way added by good use of technology last Friday.



Year 4 Hippo's Assembly about 'Child Abuse' was very touching. Child abuse includes neglect, exploitation and child labour. Millions of children around the world are suffering and need someone to speak up on their behalf. Some facts:

- Globally in 2014, 1 billion children aged 2–17 years experienced physical, sexual, emotional or multiple types of violence.
- A quarter of all adults report having been physically abused as children.
- One in five women and one in 13 men report having been sexually abused as a child.
- In 2014, children comprised 28 percent of detected trafficking victims.
- Every year, there are an estimated 41,000 homicide deaths in children under 15 years of age.

Child abuse is a heart-breaking reality for many children and it comes in many forms ... physical, sexual, spiritual and emotional as what Year 4 Hippo mentioned.

Thank you to mums, dads and other family members for taking time out from their busy schedules to support their children. Well done, teachers and all the caring children in Year 4 Hippo.



Workshop for parents by UK education experts

We had another very informative seminar for parents by Head Teachers from some of the UK's top schools. The sessions were:

- **EFFECTIVE TEACHING AND LEARNING FOR GIRLS**

by Elizabeth Hewer - St George's School, Ascot UK www.stgeorges-ascot.org.uk/

- **THE HIDDEN BENEFITS OF BRITISH STYLE EDUCATION**

by Gilmour Coad – Ashville College UK www.ashville.co.uk/

- **THE EXPERIENCE OF PUPILS BEING TAUGHT OUT OF THEIR CHRONOLOGICAL SCHOOL YEAR**

by Alison Davies – Bournemouth Collegiate School UK www.bournemouthcollegiateschool.co.uk/

- **RAISING ACADEMIC ACHIEVEMENT**

by Gareth Collier – Cardiff Sixth Form College UK www.ccoex.com



The speakers emphasized the importance of high expectations, motivational and independent learning in children. One of the areas in the leadership skills in children is to develop their independent thinking skills to face the challenges of the future.

Please see the feedback we receive from our participants:

- *I enjoyed the session and hope the School can arrange summer activities*
- *It was very important that they emphasised on the emotional stress that children go through when placed not according to the chronological class*
- *My daughter is still young but I know the opportunities for their future education*
- *Thank you to Abuja Prep, for arranging such seminars. We need more of these sessions*

Please see the feedback we receive from our presenters:

- *As soon as you enter the school, you can feel the positive vibes*
- *This school is like a UK Independent School*
- *It is a unique school with its own character*
- *The children are very polite*
- *The staff members are professional and very happy and hardworking*



ABUJA PREP ATHLETICS TEAM



Our pupils made us proud again by winning (invited school) certificates at the Annual Sports Day at Dove-land School. Thank you to our PE department for encouraging our children to show their talents in and outside the school. The event has been highlighted on NTA and AiT TV channels.

WHEN I GROW UP, I Want To Be...



When I grow up I want to be a Pediatrician because I love helping children and babies. My inspiration is Mae Jemison; she helps children get treatment even when they have no money to pay the doctor.

Idy Udo—Year 6



When I grow up I want to be a Footballer. Football is my passion as it gets me energized and makes me think faster. I would like to be a defender like Gerard Pique and Antonio Valencia

Chimaobi Anene—Year 6



Captain Cuddles supporting Ravens House.

He is seen here with Miss Cynthia and Ijeoma .

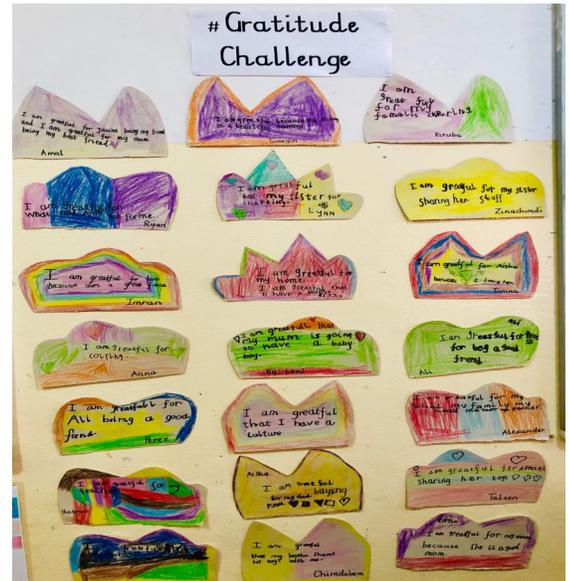
Keep soaring, Ravens!



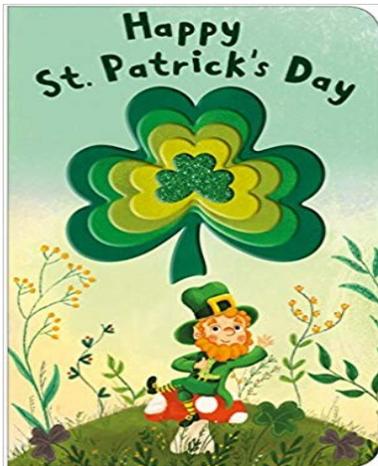
Early Years children learning about colours and enjoying the warmth of the morning sun.



Gratitude Challenge by Year 1 Squirrel



We wish our Indian parents all the fun and happiness of Holi!



Saint Patrick's Day is a big party for everything to do with the country, Ireland - it's people, art, religion and all the things Irish people like to do. **Saint Patrick's Day** happens every year on March 17, which marks the date when **Saint Patrick** died.

Galileo Galilei



- **Occupation:** Scientist, mathematician, and Astronomer 
- **Born:** February 15, 1564 in Pisa, Italy
- **Died:** January 8, 1642 Tuscany, Italy
- **Best known for:** Improving the telescope to be used to study



THE REGENT SECONDARY SCHOOL, ABUJA

FunFair

- Zip Liner
- Arcade
- Bungee
- Kids Corner
- Game Room
- Rock Climbing
- Electric Train
- Water Football
- Trampoline
- Water Paddled Boat
- Giant Double Slide
- Snake Tunnel
- Obstacle Course
- Pool with Canopy
- Bull Ride
- Combat Ring
- Octopus Swimming Pool and Slide
- Giant Water Slide and lots more

MARCH 23 2019

10am - 5pm



Reekado



Zlatan

**Music Concert
7pm**



FOR MORE INFORMATION:
t: 08072293289, 08072293293, 08078487966
e: registrarsec@regentschoolabuja.com
w: www.regentschoolabuja.com





Sudoku- Puzzle 1

	4	7	8	2	5	1	3	6
8	1	5	6		4	2	9	7
3	2	6	9	7	1	4	5	
5	7	3	1	4	2	6	8	9
6	9	2	5	8	3	7	4	1
4	8	1	7	9	6	3	2	5
2		9	3	1	7	8	6	4
1	6	4	2	5	8	9		3
7	3	8		6	9	5	1	2



For private piano lessons please contact **081 743 43 342**. This is with reference to Mrs Nivine - Nancy, Khodor and Lana's parent

Free App of the Week



SOSmate - Helping you in crises

SOSmate is an Android app that can save lives. With the press of one button you can notify your family or friends that you are in trouble. Send your location with customisable emergency message (FIR).

According to the developer, "my simple idea of creating an Alarm developed further after reading about Prabha Arun Kumar. She was stabbed to death at night in world's safest country. I believe that if she had an easy way to send a distress message across her friends, family or neighbour, she might have been in a different situation." More about this on www.sosmate.com



Please don't forget to ask your parents' permission before downloading anything on your device



When the moon is directly over your head, you weigh slightly less. This is due to the gravitational pull of the moon.



International Day of Happiness

The **International Day of Happiness** was introduced by the General Assembly of the United Nations during 2012 and was celebrated for the first time in 2013. Through seminars and educational tips and tools, the aim is to educate and increase public awareness of the benefits of happiness. The original idea came from the Kingdom of Bhutan in the Himalayan region of Asia. There, the population is thought by many to be among the happiest in the world due to the holistic approach to life and the amount of importance which is placed on the well being of people and communities, as much as material wealth.

"I want every little girl who's told she's bossy, to be told instead that she has leadership skills."

~ Sheryl Sandberg



QUOTE OF THE WEEK

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