

Meet Jenny Oliver

**A Neurolinguistic
Programming (NLP) &
Lightning Process (LP)
Practitioner in New Zealand.**



Tell us a bit about yourself! 3 fun facts?

Besides my love for family and all things brain, what makes my heart sing? Hiking and hills (I love a steep climb), music (upbeat and something to move to) and fun with family – a beach trip, board games, an inspiring movie.

What is the field you work in/ what are your qualifications?

I teach in the field of mind-brain-body connection where we use the brain and thinking mind to change what's happening to our body. After life changing events in my family, I left fulltime teaching to train chronically ill and stuck people in the Lightning Process® training (LP).

Every day brings hope, change and vitality back to those who need to know HOW to use their brains to heal their bodies. I love teaching people how to influence and change their own health. I have a full teacher's practicing certificate, Bachelor's degree in Education and a Masters in Coaching, NLP and Anatomy Physiology from the Phil Parker Training Institute in London.

What is your understanding of stillness and balance within the context of your qualifications?

Stillness and balance comes to us when we're living a flourishing, calm life within us. When our nervous system is calmly and quietly getting on with sending messages of lightness, laughter and life. The training programme I teach, shows people HOW to do this for sustainable wellbeing – connecting a calm mind, a brain that follows what we tell it to do and a beautiful body following along.



How do you find stillness and balance? I personally find stillness and balance by practicing and putting the Lightning Process tools into my every moment, anytime and anywhere. I put a stop or pause on anything that isn't life enhancing. This could be a not useful thought or emotion. I flip it for what I DO want instead. For example, 'Oh no, I've got so much to do, I can't keep up!'

I stop and pause. Then I consciously make a choice. "Do I want...Calm? Confidence? Energy? Motivation?"

I encourage myself. 'You've got this Jen, keep going'. Perhaps then I look out the window and look up to the sky. Or remind myself of a lovely memory where I was calm. I may imagine pressing 'submit' on that project I'm working on. If I really want to, I'll get in the car and head to the beach or put some fantastic music on. Life's fun and joyful. There are so many ways to be still and balanced.



What is your advice to people who are wanting to find stillness and balance? I like to encourage everyone to know that THEY are influential over their own thinking mind, brain, emotions and body. Not the other way round. Our brain and body is not out to get us, it just needs a software update every now and then. Of course, our body knows and wants to be in balance and flourishing. It's built to do that. Your brain hears every word you say and puts it's filter on that. So if you are talking or thinking not very kindly or encouragingly, then your brain will run that track. That leads to a spiral downwards.

So, always know that at anytime, you can stop that message and choose a different track. Think of it like a travelling along a road and you come upon a detour in the road. You have to follow a new road. Well, your brain can do that too. Non-stillness and non-balance to stillness and balance. Just like that.