

# Bright Futures Disclaimer:

Mental Fitness Membership provides tools that aim to empower and educate simple and effective Mental Fitness Tools. All written material is to be used in conjunction with an online explanation which will provide an explanation of ecology. Ecology from an NLP perspective is ensuring all goals and consequences are positive for them, other people, and the planet.

Our Mental Fitness Tools are mainly, not exclusively inspired by the coaching methods of Neuro-Linguistic Programming. A literal translation of the phrase 'Neuro Linguistic Programming' is that NLP empowers, enables, and teaches us to better understand the way our brain (neuro) processes the words we use (linguistic) and how that can impact our past, and present and future (programming). It gives us strategies for observing human behaviour and learning from the best (and worst) of that.

The models, techniques, and strategies have evolved from modelling excellence, in order to help us better understand how our thought processes and behaviour, including how the language we use, influences the way we think and the results we get. Modelling excellence in any field enables us to bring about a positive change in ourselves and others.

The Mental Fitness Membership is a combination of tools and practices that gives us more choice about how we respond to our own thoughts and emotions and the situations we find ourselves in, and to do so with more kindness towards ourselves and others. This is not about 'controlling your thoughts' or 'emptying your mind' but about seeing yourself more clearly and beginning to learn how to calm your mind as it is, not how you imagine it should be.

The benefits are now well-known and supported by a large body of research: and can be found with our governing body ANLP.org. The practice of mindfulness changes the structure and functioning of the brain itself, increasing happiness and quality of life, and reducing stress, anxiety, and depression. All 1:1 and group courses will be conducted by a certified NLP Practitioner registered as a Professional Member of ANLP.

Our young people will have the opportunity to learn skills to build courage, resilience, and self-esteem, raise self-awareness and confidence. Helping to enhance well-being, improve overall effectiveness in day-to-day life and know the tools they can use to create their own bright future.

It is not intended as a substitute for consultation and treatment from a qualified and registered health care provider or health service. If you have concerns about a child's mental or physical health. If they are experiencing problems with mental health (e.g. anxiety, depression, insomnia etc) or some other form of illness, then it is recommended that you immediately consult either your physician, doctor, or psychologist, before deciding on whether to embark on the path of mental fitness and mindfulness practices.

In the case of mental health or physical illness, Mental Fitness Membership should not be considered as an alternative to professional assessment and regular treatment under an appropriately qualified and registered healthcare practitioner or service.

It is always recommended in circumstances of physical or mental health that you seek a referral to an appropriately qualified and registered health practitioner first for a careful assessment of your child's health needs, so they can advise you on the best course of action and refer you to the appropriate service/professional required.

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