

### Why [NLP](#) ?

*"It is about making an individual contribution and taking from the collective wisdom.. what an ROI!"*

*"It is about re-discovering what lights you up, what ignites your business and sky rockets your commitment, focus and energy. A very big BANG!"*

- Karen, Executive Coach

### [How to choose a NLP training institute](#)

Would you buy your computer at a super market? Why not? Because you want to get it from a specialist? We agree!

Advanced Human Technologies is South Africa's only dedicated NLP Institute. We do NLP and NLP related trainings and nothing but that. At time when more and more people turn to coaching, therapy or related trainings, why choose AHT

[Read more..](#)

### Why AHT?

Advanced Human Technologies is South Africa's leading NLP Institute and offers a range of corporate and individual training and coaching designed to give companies and people the results they want.

Based on a adult learning approach and using techniques from accelerated learning and behavioural psychology, as well as those developed within the field of Neuro-Linguistic Programming (NLP), AHT presents both pure NLP certification trainings and jargon-free one and two day workshops geared to giving organizations and the individuals within them the outcomes that truly make a difference. Clients who have benefited from this approach include:



*"If you give a person a fish, you feed them once; if you teach people how to fish, you give them the ability to feed themselves and their family forever."*

And also SAA, SARS, Sasol, Far East Tours, RECO, The Western Cape Gambling and Racing Board, The Cape Chamber of Commerce & Industry, University of Limpopo and other companies large and small. Both individual coaching sessions and group trainings put FUN back in the learning process. Instead of just behavioural modelling and rote learning, they stimulate a spirit of curiosity and delight - encouraging paradigm shifts and sustainable states of excellence.

Min McLoughlin, the founder, executive director and lead trainer of AHT, has been involved in

the field of personal excellence for 20 years and has worked with and modeled leaders in the field including Brian Tracy (The Psychology of Excellence), John Grinder (co-founder of the NLP), Tad James (President of the American Board of NLP and American Board of Hypnotherapy), Bill Bonstetter (founder of Managing for Success behavioural profiling systems), and Chris Cowan (Spiral Dynamics).

She is an Alumni of the University of Cape Town, has a BA in English, Drama and Religious Studies and a post-graduate Diploma in Adult Education and has lived and worked in England, America and South Africa. In 2006 she produced South Africa's first book on coaching: "Sharing the Passion – Conversations with Coaches". AHT is committed to offering as wide a variety of coaching skills as possible.

AHT Accreditations:



### What are [Personal Breakthrough Sessions](#) ?

If you are experiencing a lack of flow in your life, or have old baggage and beliefs and strategies getting in the way of the clear flow of health and energy, or have "stuff" you want to get rid of, allow yourself to experience life in a way that is rich and rewarding, meaningful and passionate. Personal Breakthrough Sessions is a transformational 7 hour process taking place over the course of a week.

[Read more..](#)

To set up an appointment with a practitioner in your area [click here to contact us](#) or [select a practitioner](#) from our website, listed under NLP Practitioners & Coaches.