

The Power and Benefits of Celebration in Trying Times



Colette Normandeau

colette@ecolepnl.com
www.ecolepnl.com

When was the last time you truly celebrated? Recall your most beautiful experience of celebration and relive that moment now. Feel the serotonin, oxytocin, endorphins, and dopamine flowing through your system. Doesn't that feel great!

In an ever-changing world filled with uncertainty and challenges, suffering and turmoil, we often overlook the importance of celebration. It's not the first thing on our to do list, yet celebrating can awaken resilience, perseverance, strength and generativity to overcome these challenges. It serves as a powerful reminder of life's positive aspects, uplifts our spirits, and fosters connection and hope. May this article serve as a reminder to kindle the joy of celebration in our lives.

When I hear, "There's nothing to celebrate in these times," I challenge that notion with a universal quantifier question: Nothing? Absolutely nothing?

What if we just need a celebration reframe?

What does 'celebrating' truly mean? The Oxford Dictionary defines celebration as the act of marking one's pleasure at an important event or occasion through enjoyable, typically social activities. Digging deeper, the etymology of celebrating comes from the Latin 'celebratus', meaning 'much-frequented; kept solemn; famous'. Thus, celebrating is not just about partying; it's also about honouring, praising and performing rituals. With this broader view, there's so much to celebrate!

Life is filled with opportunities to celebrate. Celebrating can encompass a wide array of events, achievements, milestones, and even everyday mundane moments. Here are examples of both traditional and non-traditional elements to celebrate:

Personal milestones: Birthdays,

anniversaries, graduations, new jobs, promotions, retirements.

Achievements and major life events:

Marriage, birth of a child, coming-of-age, buying a home, career achievements, personal goals and dreams come true, project completions, health recoveries.

Cultural and spiritual celebrations:

Holidays (Christmas, Hanukkah, Diwali, Eid), rituals (blessings, baptisms), Thanksgiving, cultural festivals.

Community and social connections:

Friendship milestones, acts of kindness.

Legacy and reflection: Honouring ancestry, memorials, celebrating loved ones who have passed.

Daily small acts of joy: Meeting a friend, enjoying a good meal, indulging in self-care days.

If you're still searching for reasons to celebrate, consider the miracle of life itself. If you're reading this, you have myriad reasons to celebrate. You can





breathe. You can read. You have *Rapport* magazine in your hands. You discovered NLP, ANLP and are part of an amazing community. I raise my glass to you, dear trooper!

Now imagine marking your calendar with every celebration opportunity. Your agenda would fill up with happiness! Imagine celebrating becoming as common as brushing your teeth. Whether big or small, formal or informal, traditional or creative, the act of celebration can enhance our experiences, foster connections, and promote a sense of joy and appreciation for our life's journey.

To enhance your new celebratory habits, what you would add to your list of things to celebrate? If I asked you to list 100 new things to celebrate this year, what would you choose? How will you celebrate these moments, events, elements? If you're in need of inspiration, NLP has many reasons to celebrate in 2025.

Celebrating those who have walked before us

The foundation of our current lives is built upon the sacrifices, achievements and wisdom of those who came before us. Celebrating their legacies allows us to reflect on historical milestones and the cultural richness they have imparted to us. Remembering the contribution of NLP leaders is a powerful act of honouring, connecting us to the historical roots of our practice. In NLP, there are so many to honour. Just to name a few, Richard Bandler, John Grinder, Frank Pucelik, Robert Dilts, Judith Delozier, David Gordon, Stephen Gilligan, Jean-Luc Monsempès, Sid Jacobson, Tim and Kris Hallbom, Suzie Smith, Michael Hall, Shelle Rose Charvet, and Joanne Riou in Quebec have all personally touched my life and I am eternally grateful for them. To this

list, I could add so many new generation trainers who are now allies.

Although you may not have the same list or agree with some of my choices, remember that honouring can be done at different logical levels. Even if someone is criticized, it doesn't mean they don't deserve recognition on some level. There may be people we recognise for something they did (behaviour), for their excellence/expertise (capabilities), for what they stand for (beliefs and values), for who they are (identity) or for their contributions (purpose). Honouring someone doesn't mean they are better than others, nor that you should become their groupie. As my mom would put

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it, "Love is not something you divide amongst your children; love can only multiply and grow." May it be so for honouring NLP leaders, and may we multiply our honouring of NLP leaders at every logical level!

When I started my school L'essentiel in Quebec 10 years ago (Oh yeah! That's another joyous milestone to celebrate!), my intention was to honour those who walked before me. Because of them, I've found a path that ignites immense joy in my life and has generated benefits in the lives of so many. I remind my students to honour NLP's sources, ensuring a clear and bright future for the field.

My ways of celebrating the foundations of NLP include sharing stories of those who have touched me, honouring copyrighted material, and quoting the originators. It's easy to appropriate oneself of other people's material or to give a technique a twist and call it your own. I like to remember there is a reason why a technique was done in such way. Let's not let them become lost performatives. ▶



► And you? Who would you add to this list? Which NLP leaders come to your mind as deserving of your recognition? How might you celebrate those who've inspired you the most?

Celebrating Roberts Dilts: A shining example of influence

March 21st 2025 marked the 70th birthday of Robert Dilts, a pioneer in the field of NLP. His contributions significantly shaped our understanding of personal development, coaching, and business practices. Robert's innovations have revolutionized how individuals approach growth and communication.

Celebrating influential figures like Robert not only honours their work but inspires others to pursue leadership and innovation. I remember the first time I met him, 23 years ago – a moment akin to greeting a long-lost friend and brother. It revived a childhood dream where he supported me as I spoke in a universal language. This dream felt prophetic; finding NLP and meeting Robert brought it to life. Today, I'm part of his leadership team and share Success Factor Modeling (SFM) around the globe. (By the way, SFM is also blowing out 25 candles this year. A true spark for humanity and the business world!) The many 'aha' moments I've experienced while learning and working with him illustrate the profound impact he has on those around him. I admire his humility, his gift for extracting the good in everyone, and making complex concepts clear and accessible. Oh, and he also taught me how to give truly great hugs! Cheers to you, Robert, and all the good you do in the world. Thank you for sharing

your wisdom with us.

Golden jubilee – celebrating the 50th anniversary of NLPU

In August 2025, the Neuro-Linguistic Programming University (NLPU) will proudly celebrate its 50th anniversary, reflecting on the transformative impact of NLP across five decades. This milestone represents NLPU's pioneering work in promoting personal development and its influence in various fields like education, health, therapy and business.

As NLP evolves through its third and fourth generations, it incorporates advanced tools, psychological insights and spiritual perspectives, ensuring its relevance in addressing modern challenges. The transition from first-generation NLP, which developed cognitive intelligence, to second-generation NLP, focusing on somatic and emotional intelligence, has now shifted toward social, systemic and spiritual intelligence. This evolution reflects NLP's commitment to improving therapeutic practices, coaching, community and organisational development.

The upcoming anniversary symbolises not only a reflection on the past but also a promise of growth and innovation. The NLPU jubilee presents a remarkable opportunity for networking, collaboration and learning, fostering resilience to face future challenges together. Come join us online! This is a celebration not to be missed as we honour the progress of NLP and look forward to its bright future: a more inclusive future that makes its methodologies accessible to all.

The transformative power of celebration

In trying times, the power of celebration emerges as a vital force that can renew our spirits and strengthen our connections. From honouring the legacies of those who walked before us to acknowledging pioneers like Roberts Dilts and celebrating the evolution of NLP, every aspect of celebration fosters unity and purpose in our lives.

As we look forward to NLPU's 50th anniversary, it serves as a reminder that we can collectively build a brighter world infused with hope, resilience, and growth opportunities. Embracing celebration isn't merely an act of recognition; it's a profound way to enrich our lives and those around us, nurturing a collective spirit that rises above adversity.

So, let's take the time to celebrate, connect, and create a future worth cherishing. Whether we choose to celebrate in the silence of our hearts, with friends, or on social media, may the power of celebration flourish and blossom for generations to come. Visualizing millions of NLP circles around the planet, all celebrating simultaneously, fills me with hope and joy. Let's dance, sing and give praise to life and everyone we've encountered in the NLP community. Together, we can raise our planet's vibration.

To paraphrase my friends from Kool and the Gang, "Let's all celebrate and have a good time!" It's time to come together – everyone around the world, let's celebrate! ■

