

NLP - Neuro Linguistic Programming

NLP is a powerful set of tools that a coach can use alongside coaching to assist the client in making dramatic and lasting shifts in the direction they desire. At its core is the belief that if one person can learn something then anyone else can learn or reproduce the same desired result.

NLP supports clients in understanding themselves better. It allows them to become aware of what's really important to them, how they are motivated, what their current behaviours are - and what results they are producing in their lives. There are techniques to help reduce, remove or even banish procrastination, fears and limiting beliefs and behaviours that no longer serve, as well as others to help bring peace of mind to the client.

NLP helps the client to see their life in a different light, it allows them to get a new perspective on what is currently happening in their lives, to become aware of the part they may play in 'causing' some of the challenges as well as the successes and notice the choices and power they really have over their results. NLP assists the client in identifying all the positive lessons they have learnt from the difficulties or events they have experienced and helps them to use these learnings in order to grow, develop and move onto a better future.

NLP puts clients in touch with how they currently feel about their life, how they want it to be, what they really desire, their personal greatness, passion and strengths.

1. Set of useable tools
2. Learn easily – modelling
3. Personal understanding of current behaviours
4. Self awareness
5. Techniques – improved confidence and esteem
6. New perspectives
7. Values identified
8. Choices
9. Responsibility
10. Growth
11. In control
12. Identify and develop strengths, passions, goals