



Coaching with NLP

- What is yours filled with?
- How full is it?



Why Invest?

NLP & Coaching can help with:

- Creating new positive behaviours
- Clearing unwanted behaviours, symptoms or habits
- Getting more of what you want
- Clearing limiting beliefs
- Clearing anxiety, fears and phobias
- Improving relationships
- Building confidence for the future
- Goal setting
- Creating and restoring choice and direction in your life.

We often hear about many types of coaching in today's world, from 'life coaching' to 'executive coaching' and from 'business coaching' to 'performance coaching'.

So what is coaching? Well the great news is that you aren't broken so you don't need fixing; it's not therapy. Instead, we liken coaching to a car journey. Sometimes it seems like we are hitting dead ends, traffic jams, and bumpy roads or maybe it just feels like you are stuck behind that slow moving tractor or just a little bit lost.

Coaching is about creating confidence, restoring control and gaining direction. As the driver behind the wheel, you decide where that destination is, how to get there and how fast we go. Coaching is about change. Coaching is through a non-judgemental and equal relationship between you and us. Coaching is always about you and your agenda and getting more of what you do want. You do want more don't you?

The NLP bit is simple. Neuro Linguistic Programming is an approach that we find really helpful in getting you what you do want and getting rid of what you don't. It's simply the application of a range of techniques that work!

Testimonials:

Pubic Sector Manager:

"The coaching process has been extremely enabling allowing me important time for reflection. Your questions have been challenging and at the same time, non-judgemental, allowing me to explore my current working practice and to change the small things in my practice that will make the biggest difference."

Who is it for?

- Anyone - you all deserve success!

Dates & Locations:

You decide! We don't mind if it's coaching you in the workplace, a walk and talk in the park or a place where you feel relaxed and comfortable to make the best change happen.

How much?

All of our coaching solutions are bespoke, unique and with you in mind. Contact us to find out more. Our coaches are qualified in the use and application of NLP and are experienced coaches.

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