



What Is NLP Coaching?

Generally speaking, coaching is the process of assisting individuals, teams and organisations to produce their optimum performance.

NLP Coaching is a collaborative relationship between two people, based on trust and openness. The focus of the coach's attention is solely on their client, their present situation and their desired outcomes. The coach will travel the journey alongside the client, assisting them to remove barriers and develop new thinking whilst they navigate towards their goals.

NLP Coaching is therefore significantly different to traditional consulting or mentoring.

In NLP Coaching the coach is going to work with the client to discover and utilise their most productive strategies, values and other modalities already at their disposal that they are not utilising to best effect. The focus is on the client achieving their coaching goals and objectives.

In NLP Coaching we don't actually offer advice on what to do, rather we coach the client on how to utilise their capabilities, strategies and values that are already present. By discovering and understanding the client's intrinsic abilities, the coach can assist in maximising those abilities and so make it possible for the client to take the actions necessary to achieve the desired result. NLP coaching concentrates on the client implementing the best strategies to achieve the desired goals and objectives.

In an on-going coaching relationship it is important to create a sense of continuity as well as to have milestones and goals. At the end of each coaching session, it is important to establish a shared vision of what's going to happen next week, next month, even for the next year.

Early on in the coaching relationship we will spend a lot of time getting rid of negative emotions, limiting decisions and limiting beliefs. As the coaching relationship progresses it will be more about goal setting and tasking.

The more you are willing to allow people to support you, the more you will be supported. The more you give, the more you will get. Support and collaboration is the basis of the coaching process.

Please contact me now for more information about how NLP Coaching can help you or your team and organisation.

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