

Transformative Coaching Using NLP

What is NLP?

NLP, or Neuro Linguistic Programming is the study of human experience – how people know what they know and do what they do. NLP focuses on understanding how people are successful and how our brains are programmed. An NLP Practitioner facilitates change by applying processes that shift or re-programme a client's beliefs and behaviours so that they can better achieve their higher aspirations. This is what makes NLP a potentially transformative and simple method in coaching.

NLP coaching processes can help with:-

- Transforming or changing limiting beliefs and situations
- Developing communication practices that are more effective and able to achieve more desirable outcomes
- Managing emotional states
- Developing self-awareness and shifting values, beliefs and behaviours in order to be happier
- Building congruence through healing past traumas or issues that have impacted negatively
- Set goals that are congruent and balanced with higher aspirations
- Enhance relationships by finding common values as shared basis for co-operation.

NLP principles (or core pre-suppositions) are:-

1. That people have all the resources they need to succeed
2. All behaviours have an original intention appropriate for them at the time
3. Each person has their own 'map' of the world
4. Life and Mind are systems
5. Behaviours give useful information about the system
6. Any change can only be evaluated in terms of its 'ecology' with the whole system

The above principles constitute the attitude and core understandings used in NLP coaching. The practitioner's role in NLP coaching is to deeply respect their client's experience and view of their world.

An NLP coach helps people to see and be open to a greater and more satisfying way of experiencing the world.

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