

NLP Coaching

How does NLP add value to coaching?

Coaching Fundamentals

Where do you want to get to?

Where are you now?

What are you going to do to get there?

Core NLP Belief

When someone has a number of options, they will choose the one that's most beneficial to them

Only true options include:

What we need to do

How we are going to do it

Why we are going to do it, and

We are **prepared** to actually do it.



3 key influences to successful coaching:

- the client
- the environment
- the coach

NLP helps the client create the right environment for coaching to succeed



Ambition
Courage
Openness
Discipline



Connection to
what's really
important for
them



Understanding
where they are
now & where they
want to be

ACHIEVE MORE NOW

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