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
www.nlp-techniques.org

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