

NLP

NEURO-LINGUISTIC PROGRAMING

COACHING WITH BELIEFS

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SESSION 7 COACHING WITH BELIEFS

Why Do I Keep Doing That?!

We live inside our heads, and we've been in there since we were born - so you might think we'd know all there is to know about what's in there. For most of us, however, our inner workings are mysterious.

- Why do some things bother us whilst others do not?
- Why do we keep doing the wrong things, and not doing the right things?
- Why do we keep falling for the same kind of Mr or Mrs Wrong?

These questions are not just interesting, they are critically important to the course of our lives. If we could

Values describe, and provide a

means of talking about, what is

important to us. They are ideals we

hold that give significance and

meaning to our lives and hence

they underpin our beliefs,

influencing the decisions we make,

the actions we take, and the life we

lead. Understanding values helps us

to understand how we create our

own reality and gives us insight

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This list gives you ten truths about yourself that you can use to replace any old, unhelpful beliefs such as 'I'm lazy' or 'I never succeed at anything'. At first you may **FIND** it hard to hold these new beliefs about yourself, but persevere to make them come true for you:

- **You Are Unique.** 'What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen.' (Henry David Thoreau)
- **Your Whole Life Is the Canvas for Coaching.** 'I've learned that you can't have everything and do everything all at the same time.' (Oprah Winfrey)
- **You Hold Your Own Agenda.** 'You will recognise your own path when you come upon it, because you will suddenly have all the energy and imagination you will ever need.' (Jenny Gillies)
- **You Are Resourceful.** 'Don't be timid and squeamish about your actions. All life is an experiment. The more experiments you make, the better.' (Ralph Waldo Emerson)
- **You Are Capable of Great Results.** 'Change your **THOUGHTS** and you change your world.' (Norman Vincent Peale)
- **You Can Generate the Right Solutions for Yourself.** 'All truths are easy to understand once they are discovered; the point is to discover them.' (Galileo Galilei)

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- **You Are Free From Being Judged.** 'Some people find fault like there is a reward for it.' (Zig Ziglar)
- **You Can Make Powerful Choices.** 'If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want and all that is left is a compromise.' (Robert Fritz)
- **You Take Responsibility for Your Results.** 'It is not only for what we do that we are held responsible but also for what we do not do.' (Jean-Baptiste Moliere)
- **You Trust Your Senses.** 'As soon as you trust yourself, you will know how to live.'

What IS Coaching?

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We think Coaching is about realising – that the Sky's No Limit!

Coaching is all about you.

It's about helping you realise what you want in life or BUSINESS, and achieve it.

It's about looking at where you are now, and getting you to where you want to be.

It is not about dwelling on the past or the negative.

Sometimes we all need some support, to keep us motivated and help us be at our very best.

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Coaching is a positive, life-changing way of helping you move forwards. It helps you realise and unlock your own skills, power and true unlimited potential.

It's a partnership between you and your coach, who has one priority – to focus on your unique, INDIVIDUAL goals.

It is about supporting and helping you to achieve things you didn't even think possible, faster than you ever thought possible.

Coaching and CONSULTANCY our aim is to help you gain clarity, focus, direction, skills, confidence, growth, development and performance.

Ultimately, our aim is that our clients achieve happiness, fulfilment and success in every area of their lives and businesses.

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Our coaching is all about you.

Coaching...

Is about personal happiness and fulfilment

Is about professional performance and success

Is a tool for continuous improvement, development and achievement

Helps you reach your maximum potential

Helps you ACHIEVE YOUR GOALS

Helps eliminate your barriers and limits

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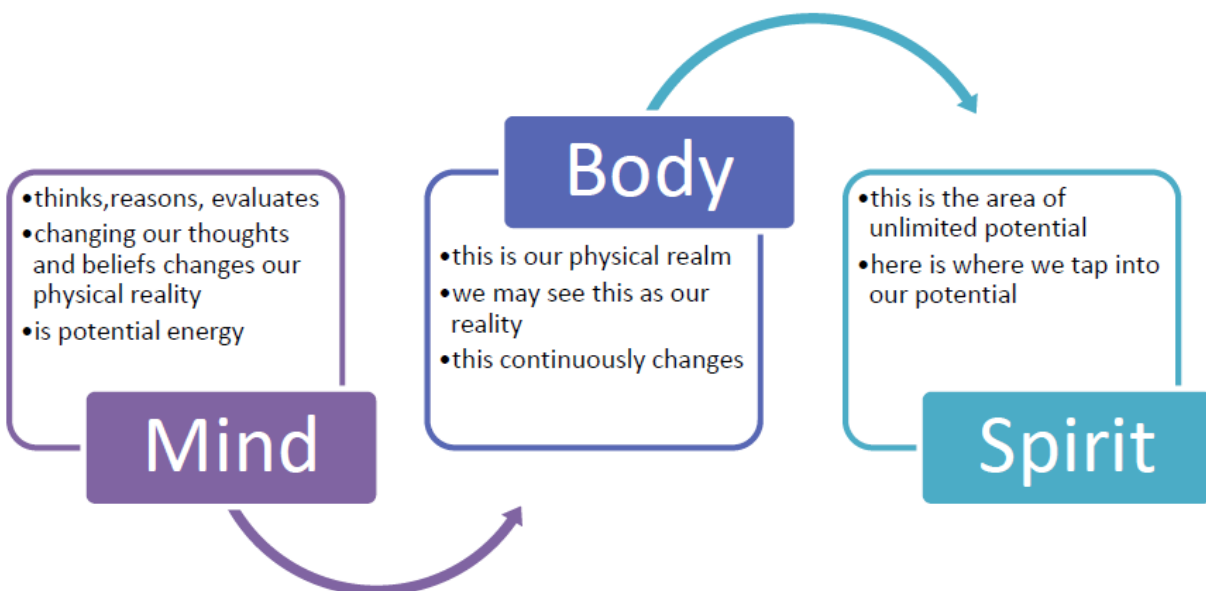
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Unleashes your true power and potential

Is about goals, success, performance and results



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What is Business Coaching? We think Business Coaching is about realizing – that the Sky's No Limit for your Business! Business Coaching is about focusing on your business or organization, setting your goals and objectives and achieving them. It's about helping your business or organization perform at its best and achieve its maximum potential. We think Business Coaching is about Performance, Achievement, Results and Success.

What is Personal Coaching? We think Personal Coaching is about realizing – that the Sky's No Limit for you! Personal Coaching is all about getting the best out of you – for you. It is about identifying what you want in life, and achieving it. It's about recognizing, discovering and achieving your talents, dreams, goals and aspirations. It's about giving you the confidence and skills you need to help you be who you are and achieve everything you want to achieve. We are all unique individual

Coaching... Is about achieving personal happiness and fulfillments' a tool for continuous discovery and development Helps you reach your maximum potential Helps you achieve your goals Helps you eliminate your barriers and limits Unleashes your true power and potential.