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## **NLP Coaching (2-days)**

Neuro-Linguistic Programming (NLP) is the study of human excellence, and is of particular relevance in the context of coaching. This highly interactive two-day course will focus on the practical application of some NLP tools and techniques that participants can easily use to enhance their existing coaching knowledge and skills.

Throughout the two days there will be plenty of opportunities to put the content into practice.

### **By the end of this course you will be able to:**

- Appreciate the four foundation stones of NLP and how their application will enhance your existing coaching skills
- Use a modern coaching framework to structure coaching sessions
- Set motivational outcomes which are right for the individual or the team
- Use powerful questioning techniques to uncover and work with the deep structure of our communication
- Detect limiting beliefs and barriers to progress and find out how easy they are to overcome
- Apply a number of core NLP tools and techniques to facilitate each stage of the coaching framework

### **What will it cover?**

#### **Understanding NLP – 'the Science of Human Excellence'**

- Learn what NLP is and how the tools and techniques can be employed
- Understand the foundation stones of NLP and the four core skills and how they can be applied in the context of coaching

#### **The Coaching Framework**

- The role of the coach
- The skills and qualities required for effective high-performance coaching
- The coaching framework

#### **Create the Habit of Outcome-Focused Thinking**

- Develop the habit of outcome thinking for dynamic results
- Beyond SMART – facilitating well-formed outcomes

#### **Using Powerful Language**

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**Innovative & Impactful Coaching & Consulting Services  
To Transform Your Business**



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- Presuppositions of language – exploring the deep structure of our communication
- Reframing and questioning to challenge limiting beliefs
- How to identify and match unconscious preferences

## **NLP Coaching Tools and Techniques**

### **A number of tools and techniques to enable coaches to:**

- Analyse the current situation and identify the important factors
- Identify and utilise different perspectives
- Facilitate planning using timelines
- Enable lasting change by aligning internal levels of thinking
- Help others to move on from stuck states and old unhelpful patterns of behaviour
- Overcome any blocks or barriers to progress

### **Problem Solving Made Easy**

- Use a problem solving model in a number of situations

### **What others have said about these courses:**

*Using NLP combined with coaching helps you to be a much better coach. You can pick up the finer nuances and listen with intent as to what the 'coachee' is thinking and when communicating their message back to the coach. Invaluable".*

- Arsene Perrier, EMC

**To find out more about this course or to enquire about prices, training dates and locations, please contact us on **0871 237 6767** or email us at [info@arivu.co.uk](mailto:info@arivu.co.uk)**

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