

NLP Coaching: A New Model for Change

Coaches are appearing everywhere in every field and industry. Wildly popular in corporate settings, working with a Coach is becoming increasingly common for the individual. What is making it so popular? In short, Coaching offers the structure and support for creating change in any area of your life; whether relationships, business, health, or even for personal growth and development.

NLP Coaching combines Inner ChangeWork processes of NLP (Neuro-Linguistics Programming) with the empowering format of Coaching, creating a new model of change that transforms resistance and conflict into self-awareness and results. Real life results come easily and naturally as a direct reflection of aligning the deeper parts of ourselves with our highest ideals.

In the old model of personal growth, we would identify what we didn't like about ourselves, create goals for change, and then, as we didn't meet our goals- we beat ourselves up for not being more disciplined, focused, or motivated. (*Discipline is simply the ability to make yourself do something that you don't really want to do*). Because of the frustration of this cycle, we would give up, and many tend to see change as difficult.

Coaching and NLP, however, offer us a new model. I often refer to NLP Coaching as the kinder, gentler path to personal change. The Coach offers ongoing support to stay on track and focused as the client works to reach achievable goals. The tools of NLP help to access subconscious information that affects our daily lives and choices. Through NLP tools, we can address deeper core issues such as beliefs, meanings, and a person's internal framework which determines how he experiences life. As we work on these deeper levels, we can easily resolve the inner conflicts that keep us from moving forward. We can also address any fears that create resistance to change, replace limiting beliefs, and overcome the inner obstacles that have kept us stuck in the past. Change in the outer world then happens easily and naturally as a function of what we have changed in the inner world of the self.

One client I worked with, Jim, had just been divorced from his second wife. He had been feeling depressed and isolated. He lacked confidence in his relationships and these factors affected his health. He couldn't walk more than 1 mile without his feet feeling sore and blistering. Through NLP, we shifted his beliefs about relationships and worked to create a healthier internal framework. Shortly after shifting a belief of "life is hard" to "life is fun and exciting," the blisters disappeared and did not return. He found renewed energy and was able to increase his exercise to three times a week and returned to doing the things he loved, namely swing dancing. He made new social connections and began

to enjoy life again. Jim illustrates how our psychology and social interactions affect our health and well-being, even our biology. Through the NLP tools we can address the deeper issues behind physical symptoms, and create an internal framework that is positive and supports our success and life enjoyment.

NLP Coaching combines the empowering structure of Coaching with the tools of NLP to resolve resistance, increase awareness, and embrace the whole self. The resistance we struggled with in the past becomes instead useful indicators of where to look for the deeper issues, often pointing to hidden fears. The tools of NLP not only help us access these deeper issues, but also resolve these internal conflicts. As we work to evolve these deeper parts of ourselves to come in alignment with our highest ideals and goals, we create change in a way that is lasting and harmonious.

As we clear up our internal framework, our perceptions about what is possible changes- and our vision of the future expands. We realize we really can create the life we want and bring our dreams in the world! This New Year's Season, as you look over your resolutions, consider giving yourself the gift of success by working with a Coach, and particularly one that can help you work on deeper core issues. You'll feel the change, and see the difference in your life!



Holly Stokes, Master NLP Practitioner, Life Coach and Hypnotherapist, is passionate about helping clients create positive life change and bring their dreams to life. She offers private sessions, Coaching, classes, & retreats that empower people to create lives of health, vitality, and success. Vancouver, WA. Call 360-837-3209 or visit: www.ExpandingPotentials.Net for more information