



Mandy Robinson Coaching

Introduction to NLP with coaching skills

Tell me more!

Neuro-linguistic programming (NLP) is an approach to understanding behaviours. It makes the link between how we experience the world, our behaviours and the language we use. These links form the basis for a range of tools which can be used to provide new insights and to explore more effective ways forward. Learning about NLP within the context of coaching provides answers to many questions people have about how to work safely, efficiently and effectively with others.

What will I learn?

Course content: Throughout the sessions you will be introduced to the origins and principles of NLP and coaching.

You will learn how to:

- structure coaching sessions
- gain rapport and build your listening skills
- identify language patterns and use these to improve your communication
- develop compelling and achievable goals and well formed outcomes
- use the NLP communication model to explore the basis of reality
- open up possibilities for change and generate new behaviours
- use NLP processes including timelines, frames and simple anchoring
- understand how you and other think and how to influence positive thinking
- support people to take action

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