

How to be a Master Coach – Coaching with NLP

Outcomes

This seminar has three levels. Participants will gain:

- **Knowledge about coaching.**

Coaching is a new profession – where did it come from? How is it different from therapy, counselling, training and consultancy? What is its unique approach and appeal?

- **Skills of coaching.**

Coaching is a skilled profession. NLP has a remarkable base of communication skills that fit perfectly into coaching. This seminar will explore in particular, powerful questions, tasking clients and dealing with the client's life as a whole, giving balance when it is fragmented. This seminar will also show how beliefs, values and goals can be woven into a seamless whole.

- **Self-development through coaching.**

Coaches need to demonstrate the skills and attitudes of coaching as they work with clients. This seminar will not only teach skills and knowledge but participants will feel the power of coaching. Participants will be able to take the skills and use them to coach themselves.

Participants will be able to use the skills in business or life coaching and integrate these coaching skills into existing work such as a trainer, consultant, manager, therapist or teacher.

Benefits of the seminar

For an individual:

- The ability to use powerful questions in their work.
- More confidence when they are working with people.
- Clarity and integration in goals, values and beliefs. They will move forward in the direction of achieving their goals and living their values.
- A better balance of life.
- Intellectual stimulation from discussing important ideas.
- They become coach role models for others.
- Coaching provides the potential for advancement in their work and better long-term prospects. Coaching is an essential management skill.

Participants who plan to use these coaching skills in business will get the following business benefits:

- Coaching provides a long-term investment in higher performance.
- Teamwork is improved.
- Coaching contributes to a supportive organizational culture with high morale.
- Coaching retains key employees and avoids:
 - The cost of retraining
 - The loss of company knowledge to competitors
 - The drop in productivity when personnel leave.

Coaching is the most cost effective way of targeting resources at precisely the places and individuals that need them

Duration of course

Three days

Participants will learn:

Practical ways to help coaching clients become more effective in their personal and professional life.

How to give honest, powerful feedback in the most effective way.

How do deal with the special challenges of executive coaching.

How to work with clients' process and outcome goals.

How to work with values for deep and lasting change.

The background, standards and ethics of coaching.

How to give clients the most useful and effective tasks.

When to use single and double loop coaching and the difference between them.

Who will benefit from this course

Managers

Consultants

Trainers

Coaches

Teachers

Therapists

Anyone involved in helping people to attain their potential

Anyone wanting to coach themselves and achieve more of their potential.