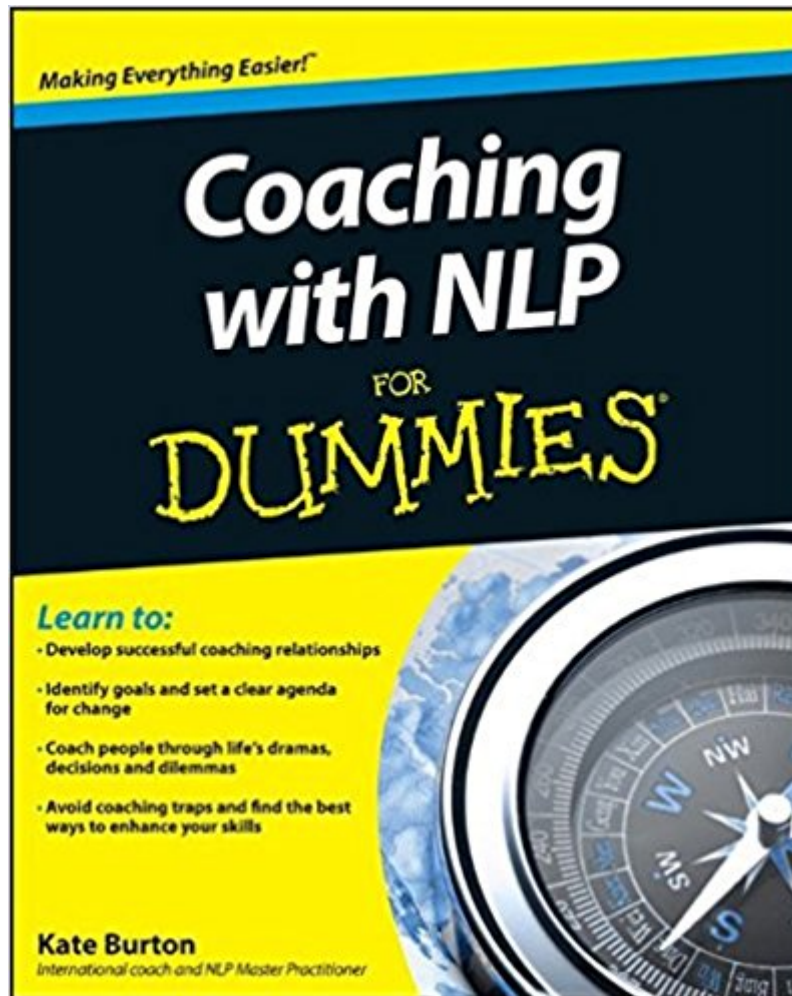




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Coaching With NLP For Dummies



Synopsis

How to become an NLP practitioner? or supercharge your coaching skills with NLP One of the most popular methods for helping people achieve their life aspirations? Neuro-Linguistic Programming, or NLP, holds the key to remaking one's future. NLP encourages users to re-create the thought patterns common to those who excel, a process that helps gradually weed out negative or habitual thinking. Using the key elements of NLP? developing a coaching relationship, shedding light on patterns, managing emotional states, and shaping an agenda for change? this practical, inspiring guide offers the tools for helping your clients upgrade the quality of their personal or professional lives. Reveals ten powerful coaching questions, ten traps to avoid in coaching, and ten ways to enhance your coaching skills Offers tips on laying the foundation for success and quick win sessions Insights on how to tap into passion and purpose? and making goals come alive Methods for coaching yourself or your team and coaching through conflict Other books by Burton: NLP For Dummies, NLP Workbook For Dummies, and Building Self-Confidence For Dummies Ideal for those working towards becoming an NLP practitioner or master coach, Coaching with NLP For Dummies is a guidebook to life transformation? for both client and practitioner.

Book Information

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Customer Reviews

Learn to: Develop successful coaching relationships Identify goals and set a clear agenda for change Coach people through life's dramas, decisions and dilemmas Avoid coaching traps and find the best ways to enhance your skills Navigate your way through coaching with NLP Whether you want to become an NLP coach from scratch, or want to incorporate NLP skills into your existing coaching or managing role, this book shows you how to coach someone in any

personal or professional field. Using the key elements of NLP – rapport building, communication skills and mirroring techniques – you'll discover how to establish goals and values, lead a coaching session, ask the right questions and lay the groundwork for change. This book is packed with handy resources, including sample coaching scripts, forms and activities. Coaching with NLP For Dummies shows you how to use your NLP skills within a coaching environment and guide your clients to success. Working together – discover where coaching and NLP meet Build solid foundations – strengthen your core coaching skills within sturdy NLP structures Deepen your awareness – develop your understanding and discover how to re-engineer unhelpful strategies Day-to-day issues – learn from the tough times and explore how to approach real-life challenges Take the next step – advance to the next level as you develop your NLP coaching repertoire Open the book and find: The key attributes of an NLP coach Tips on increasing rapport How to build trusting relationships Advice on engaging all the senses Expert guidance on what makes others tick Techniques for coaching teams How to avoid the drama triangle Tips on coaching through conflict Ways to become more personally effective

Kate Burton is a leading international executive coach with a background in corporate communication in IT, and works with clients such as HP, KPMG and Microsoft. She brings her extensive knowledge of practical NLP approaches to enable leaders, teams and individuals to be the best they can be. She's also the bestselling author of four other Wiley books including Neuro-linguistic Programming For Dummies and Live Life, Love Work.

Outstanding book. Really covers all aspects of NLP. Would recommend to anyone looking for a good overall explanation and techniques of coaching using NLP

This is the most clear and helpful NLP//Life Coaching text I've read. It is so well organized and simply written that it has been a great help in pulling together information from many other sources and studies, so that I can visualize how to actually use the information and conduct a session with a client.

Fantastic book for help surviving in today's world.

Very easy and comprehensive read, which builds on the base knowledge of NLP. Presents the material from various angles giving broader perspectives of understanding and potential use

Only buy if you already know nlp and want to coach. Great book.

Great book

This is a handy book that shows you in an easy way how to use the NLP and Coaching tools to improve your coaching skills.

It covers a wide variety of techniques applied to coaching situations. It is really helpful for coaches and nlp advanced practitioners.

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