

# How to Coach with NLP, TA and Mindfulness



NLP School is the leading provider of  
*accredited NLP and Coach training in  
the UK.*

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## How to Coach with NLP, TA and Mindfulness

(module 1 NLP Practitioner)

NLP is a set of tools used widely in management, sales, sports, marketing, personal development and coaching; in fact anywhere that involves human endeavour. In this three day NLP accredited course you'll find powerful ways to create goals, reach them faster and with greater pleasure, solve working or personal issues, maintain stability or accompany change. You'll explore rapport and influence, goals and outcomes, values and motivation, models to improve relationships, core coaching competencies and a lot more. It's also the first module of **NLP Practitioner certification**, if that's your eventual aim.

**Dates:**

We run this course twice a year, usually in Spring and Summer. See our website for this years dates.

**Venue:**

Regent's University  
Central London

**Price:** See our website for prices.

The training includes:

**Rapport and influence** – relationships are vital to real success in any field. We cover the use of language both verbal and non-verbal to extend your range of influence and deepen your connection with existing friends and colleagues.

**Goals and outcomes** – the outcome process gives a series of principles which maximise the likelihood of a goal's success and which neutralise the most common mistakes. The process is scalable, from small decisions to major projects, and adaptable so that you can easily do it informally.

**Values and motivation** – people are reluctant to act against their values and keen to contribute if their values are met. We give keys to a simple process you can use to unlock people's enthusiasm. You can apply the ideas easily into a normal conversation or make them part of a formal process. Either way, this works powerfully in goal planning, negotiations and relationship or team building.

**Perceptual Positions** – a powerful model you can apply to improve difficult working or other relationships, with individuals and in groups. It's also superbly effective when working in conflict resolution and negotiation. It's great for improving presentations, too.

**TA (Transactional Analysis)** – developed by Eric Berne author of Games People Play, simply put the method of studying interactions between individuals. Learn to

identify your own ego state and that of your client. An extremely powerful coaching tool and a huge leap in the field of psychotherapy

**Core coaching competencies** – coaching is a skill that is increasingly valued within the workplace. It avoids the hazards of authoritarian or micromanagement, and helps individuals flourish in their skills, satisfaction and productivity. You don't need to be a 'coach' to coach, the ideas and methods can be used equally by teachers, parents, friends and managers.

**Attention training** – exercises to develop focussed attention, which you can apply in all kinds of work and life situations. These exercises are also valuable as a means of relieving stress.

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