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Romilla Ready

Kate Burton

Authors of *Neuro-linguistic Programming For Dummies*



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Kate Burton, 2011-03-03 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

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behavior and how they shape the everyday reality that people experience Neuro linguistic Programming For Dummies walks you through the fundamentals of NLP helping you gain insights into how and why you and others think communicate both verbally and non verbally and behave often the result of early experiences emotional conditioning and unconscious beliefs formed over time Understanding the patterns that you operate daily enables you to consciously do more of what works for you to create the results you want in your life and less of what gets in the way of your success With this deeper understanding about yourself your goals become more tailored to who you truly are and more achievable as a result By understanding how others operate you can adjust the way you communicate to create deeper rapport and exercise greater trust influence and clarity Inside Effective straightforward strategies to increase self awareness build confidence and become a clearer communicator Techniques that when combined with other forms of health and self care can help you find relief from phobias anxiety and depression Clear descriptions of the central models and assumptions that underpin NLP Perfect for therapists business coaches counselors and other helping professionals Neuro linguistic Programming For Dummies is also a must read for busy executives managers entrepreneurs and employees doing their best to navigate contemporary life

NLP - Unlock Your Dreams Wil Dieck,2023-04-15 **The Big Book of NLP Techniques** Shlomo Vaknin,2012-03-23

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