

EXCLUSIVE INTENSIVE 1-2-1 NLP MINDSET COACHING DAYS

Library of Content

Listed below is a sample of coaching models, strategies and philosophies we may use during your Mindset Coaching Day, but it's by no means exhaustive:

Neuro Linguistic Programming

- Deletion / Distortion / Generalisation
- Values / Beliefs / Identify
- Cause & Effect / Results & Excuses
- Perception vs Projection
- Mind-Body Connection
- Rapport with your Unconscious Mind
- Reticular Activating System
- Limiting Beliefs
- Self-Talk & Inner Dialogue
- SMART Goals
- Cartesian Coordinates
- Strategies
- Defining & Measuring Outcomes

Transformational Coaching

- Imaginary Judge
- Productivity & Time Management
- Mindset Shift
- Reframing
- Structural Tension
- Responsive Proactivity
- Constructive Conflict
- Chain Method
- The Devil's Vortex
- Six Human Needs
- Self-Mastery
- The 'Hell Yeah!' Principle
- Rest & Recovery