

Its that time of year where we review the past and make plans for the future; looking at making new years resolutions.

What can you do to ensure those resolutions happen?



HAPPY NEW YEAR

INSIDE THIS ISSUE THE NEXT MEETING OF THE LONDON NLP & HYPNOSIS PRACTICE GROUP. HOW TO BECOME A SUCCESSFUL COACH.

The next meeting of the London Practice Group is 28 January 2017 at our new location in London's Docklands.

The group will meet several times a year on a Saturday from 10am to 5pm. Dates may vary due to Tina's schedule.

All are invited, whether a novice with no experience of NLP or hypnosis, or skilled trainers and practitioners. It's a chance to meet, to try out, to

experiment, to learn and to have fun. The group is run by a Society of NLP LICENSED MASTER TRAINER of NLP – Tina Taylor.

Each meeting will have a theme as well as take requests from the group.

On this day Tina will explore strategies, how successful coaches, hypnotherapists and NLPers create change in others.

When booking your place on Eventbrite use the code VIP to receive a 20% discount on your investment.

Book your place here:

<https://www.eventbrite.co.uk/e/nlp-hypnosis-practice-group-day-tickets-29851555807>

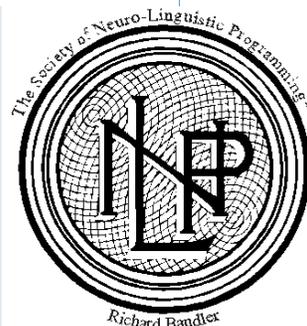
Next meetings will be in April 2017

RENEWING YOUR SOCIETY OF NLP CERTIFICATES

To renew your Society of NLP Certificates go to

www.society-of-nlp.net

click on "Renewals". Fill in the form with your contact details, follow the instructions and your request will be processed.



Many complete their NLP Practitioner and Master Practitioner training then wonder how to put it all together to create their coaching business.

In March and April next year you have the unique opportunity to learn how to run a profitable coaching business; learning from three or Dr Richard Bandler's Master Trainers (Steve Crabb, Alessandro Mora & Tina Taylor) who themselves have run their businesses for over 20 years.

Learn how to from those who know, and become a Licensed NLP Coach.

<https://www.eventbrite.co.uk/e/licensed-nlp-coach-tickets-28831551948>

Add the code VIPJan to receive a £300 discount on this event, this code is only valid through January 2017.

The demand for high quality professional coaches is outstripping supply as more companies, clubs, athletes, entrepreneurs, managers, corporations turn to coaches to improve their performance and achieve their goals.

BECOME A LICENSED NLP COACH

London

31st March, 1st-2nd April (first module)
28th-29th-30th April (second module)

Join Tina Taylor, Steve Crabb and Alessandro Mora

Three of Dr Richard Bandler's Head Assistants, Licensed Master Trainers of NLP and, above all, three coaches who run successful coaching businesses within the areas of Business, Life and Sport, who will share with you their own strategies and models of success.

LIFE COACHING

Our minds are active more than ever before, as we have access via telephone and the internet wherever we are. We are constantly multitasking. Watching TV whilst texting, tweeting, facebooking; taking our computers, tablets and phones everywhere from when we go to bed to sitting on the toilet.

How do we cope?

More and more people are turning to Life Coaches

Over the past few years coaching has become more and more popular for those who want help to achieve their goals and also for those looking to start a new business.

'Life coaching' only really came into fruition in the 1980s as an extension of sports and business coaching. Since then it has become a multi-million pound industry with an

estimated 100,000 life coaches working professionally across the world. It evolved initially from a combination of sports coaching and psychotherapy and its popularity rose as people realized the advantages of having a coach to help them achieve their goals.

It's a profession that differs from counseling or therapy as the coach helps you complete personal projects, transitions in your life and relationships by examining what's happening now (in NLP terms your present state) discovering what's stopping you and choosing a course of action to achieve what you want (in NLP terms your desired state).

The coaching client is the expert on himself and the coaching process helps them discover the best outcome and how to achieve it.

Yet most coaching clients find it difficult to tell you what

they want or how to achieve it. As you work through the coaching process you create a plan of action. Exploring possibilities whilst you discover the best way forward.

In order to get what they want the coach checks that their goal is well formed, is this something they are motivated to do. Is it good for them?

Many times the coaches job is to create that motivation and passion; for those things you are passionate about you will be motivated to complete. Giving you focus to formulate the best way to begin. Remember there is no gain without action and motivation is what gets you started.

Now, if it was only about setting goals and creating vision boards, your client would already be living their dream life.

What stops them?

Their beliefs, Fears, Experience, Needing structure?

This is where your NLP training proves invaluable as you enrich your clients map, clearing away any obstacles and changing those limited beliefs, as the coach provides advice and guidance.

Those who do decide to be a coach do so for many reasons including wanting to make a difference, help people, share their expertise and are looking for a well paid career. If you are this person you have probably attended various courses to learn various coaching techniques. Many when they become a coach decide to be eclectic and work across the board from Life to Sport to Business coaching; and many professionals who seek business coaching also need Life Coaching.

When people look for a coach they tend to seek someone who has the experience that they want, looking for expertise in a specific area. Being eclectic, a jack of all trades may seem the best option and yet may also loose you business.

Some things to consider as a coach just starting out:

How will you work?

Per session

Offer a course of sessions/how often will you meet

Work face to face or by telephone/Skype

How available will you be to your clients?

Work hours - will you work weekends? Evenings?

What is your fee structure?

What are your terms and conditions

What will you specialise in Life/Business/Sports Coaching?

Setting up your business as a coach is relatively easy because there is a market for coaches that exceeds demand; and start up costs are low with flexible working hours and low overheads.

‘No one can go back and back a brand new start. But anyone can start from now and make a brand new ending.’ - Carl Bard

Make 2017 your new start

Tina Taylor