Maximise your Potential
through Mindfulness, Coaching and NLP

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GE Coaching
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You get what you focus on

(so focus on what you want)
Mindfulness is paying attention, in a particular way, on purpose, in the present moment, without judgement.
# THE BENEFITS OF MINDFULNESS

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
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<tbody>
<tr>
<td>Boost energy levels</td>
<td>Relieves stress</td>
</tr>
<tr>
<td>Improves sleep</td>
<td>Reduces anxiety</td>
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<tr>
<td>Reduces chronic pain</td>
<td>Improves mood and happiness</td>
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<tr>
<td>Improves heart function</td>
<td>Boosts concentration and focus</td>
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<tr>
<td>Helps with digestive problems</td>
<td>Improves self-esteem</td>
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Mindful ideas:

1. Don’t deplete your energy: TL 50 per day
2. Ignore the myth of multi-tasking
3. Replace “Time Management” with “Attention Management”
4. Re-define “busy” – don’t confuse “activity” with “work”
"Partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential in the face of growing complexity and uncertainty."

- International Coach Federation
Coaching consists of...

- Listening
- Questioning
- Challenging
Coaching is

- Change
- Challenge
- Self-awareness
- Commitment
- Action
- “What”, “How” and “When”

- Guidance
- Psychotherapy
- Mentoring
- Offering suggestions
- Giving opinions
- “Why”
Can you answer a really difficult question?
How difficult, exactly?
What do I really want?
Let’s try a goal-setting exercise
Benefits of Coaching
Coaching creates:

- Clarity
- Creativity
- Action
- Values
- Purpose
So what about NLP?
What is NLP?

Programming: Patterns of Behaviour and Emotions

Linguistic: Verbal and non-verbal communication

Neuro: How we think?
The NLP Communications Model
Become a great communicator

...using NLP ideas:

1. You cannot not communicate
2. The person is not the behaviour
3. Everyone has all the resources they need
4. The map is not the territory
An NLP exercise to finish
Thank you!

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