

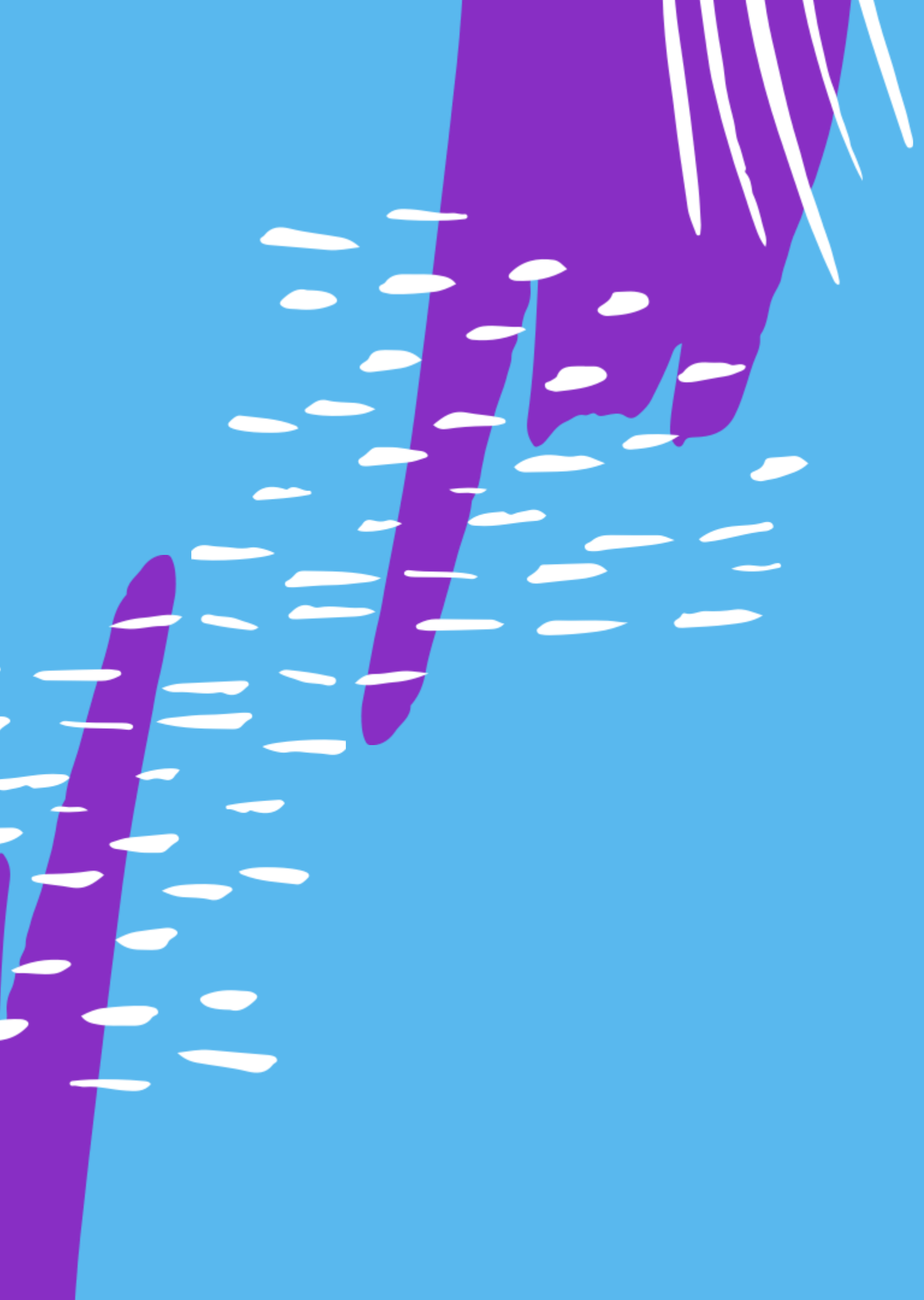
Maximise your Potential

through Mindfulness, Coaching and NLP

Ed Peters | Gülşen Dikme

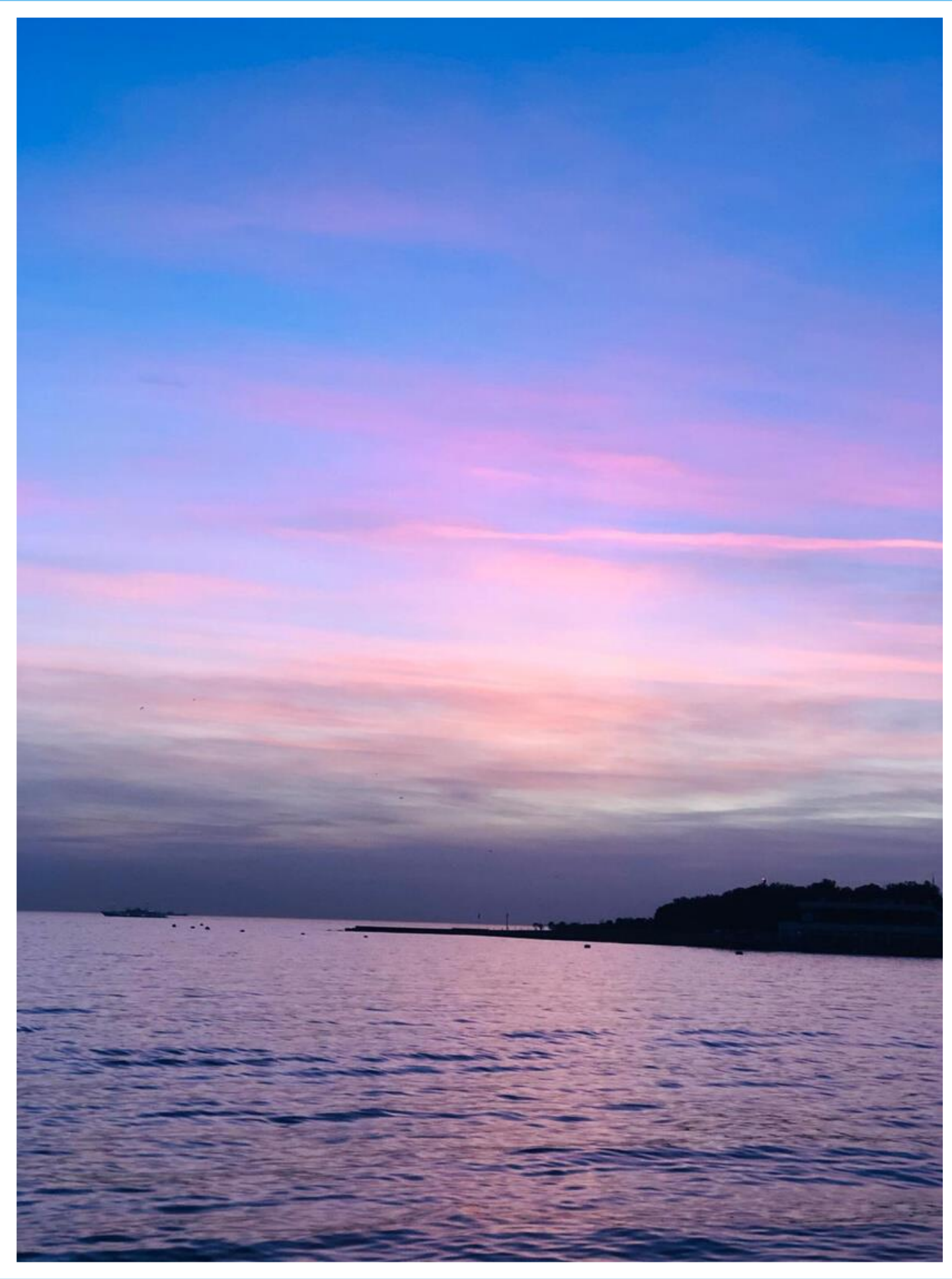
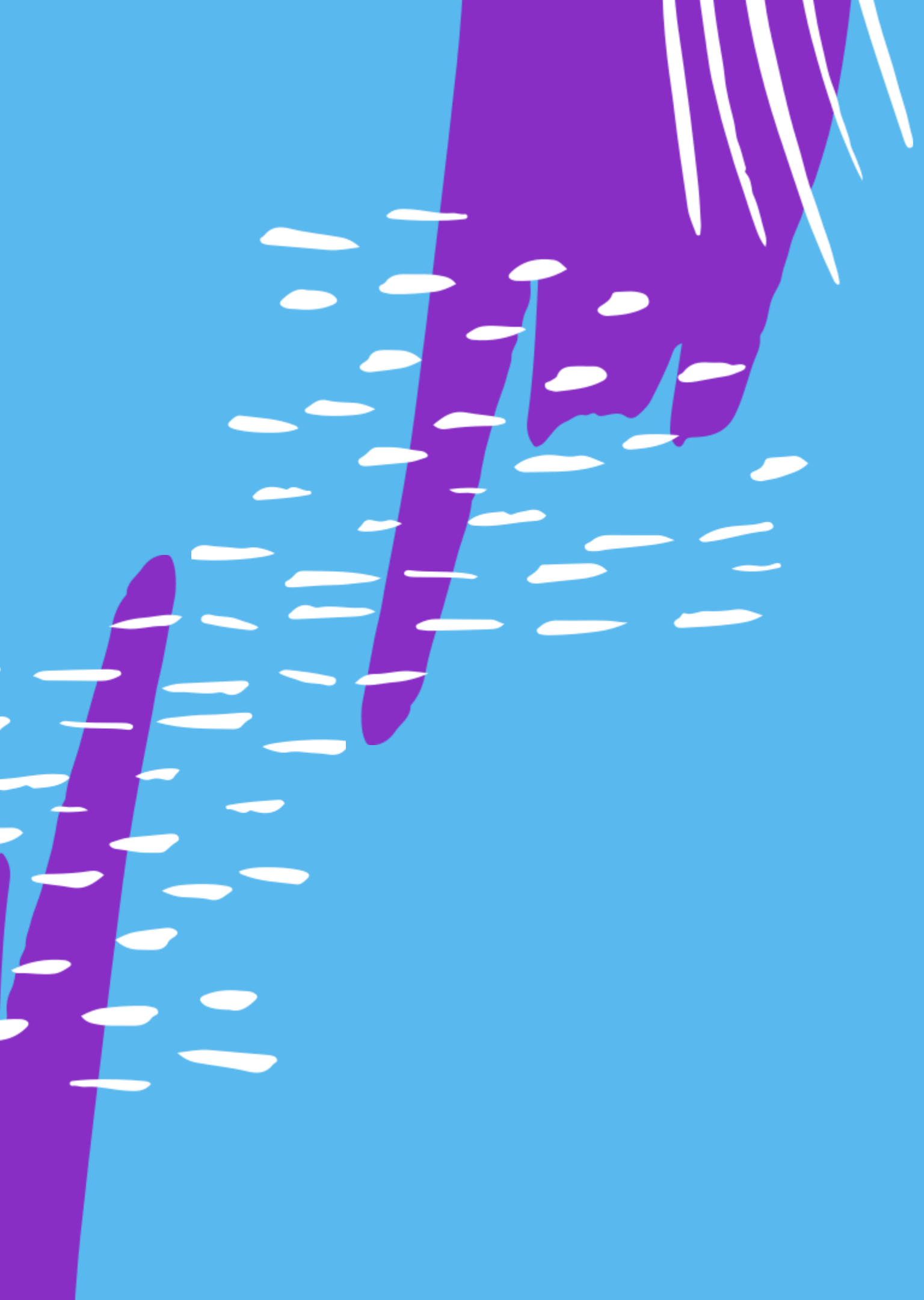
GE Coaching
gecoaching.net

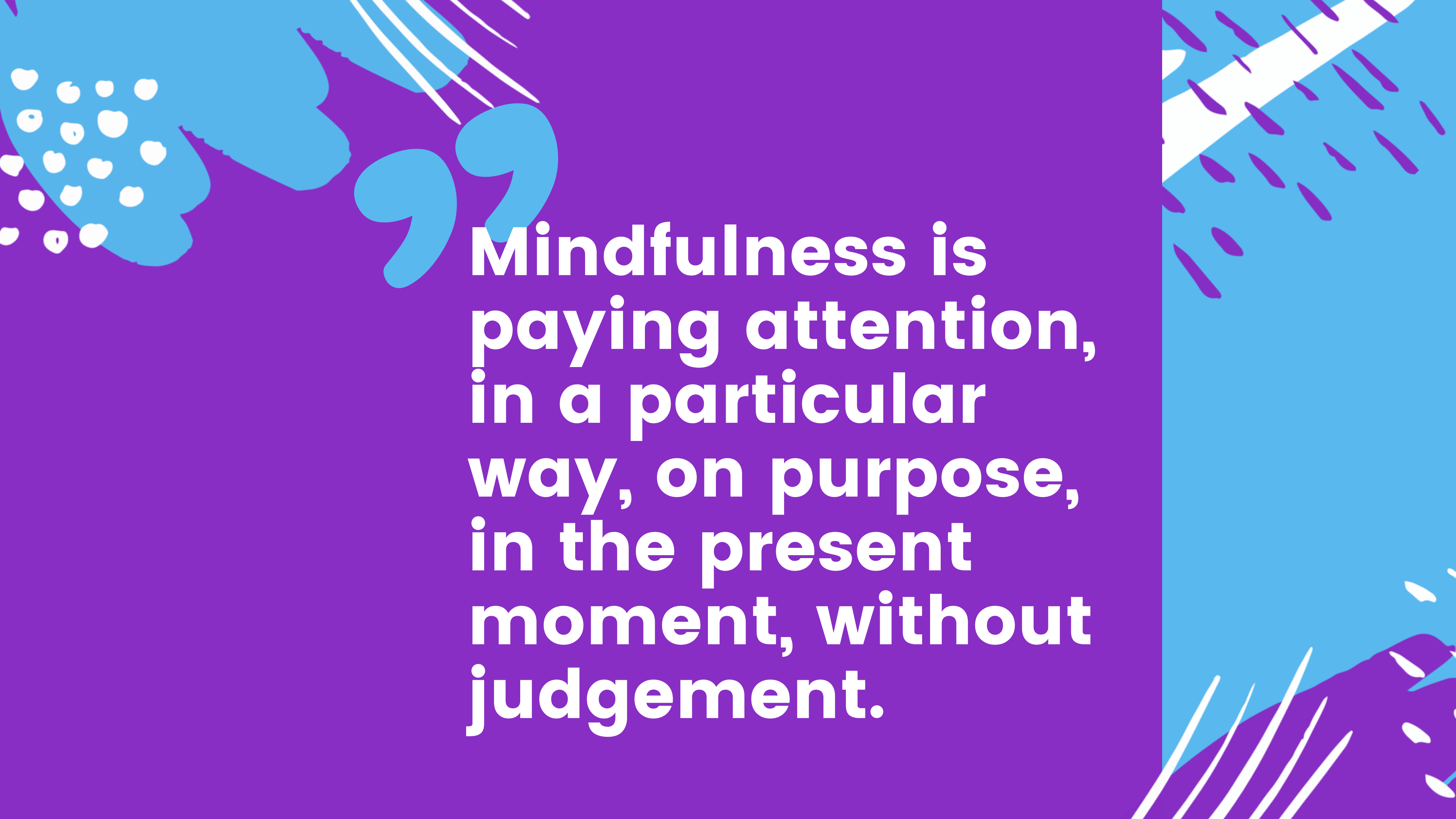
ANKARA 22/11/2019

An illustration on the left side of the image shows a purple hand with long, thin fingers dropping a stream of white coins. The coins are depicted as small, horizontal white ovals, creating a sense of motion as they fall. The background is a solid blue color.

**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

Physical


- ✓ Boost energy levels
- ✓ Improves sleep
- ✓ Reduces chronic pain
- ✓ Improves heart function
- ✓ Helps with digestive problems

Mental

- ✓ Relieves stress
- ✓ Reduces anxiety
- ✓ Improves mood and happiness
- ✓ Boosts concentration and focus
- ✓ Improves self-esteem



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"
- 



COACHING

"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



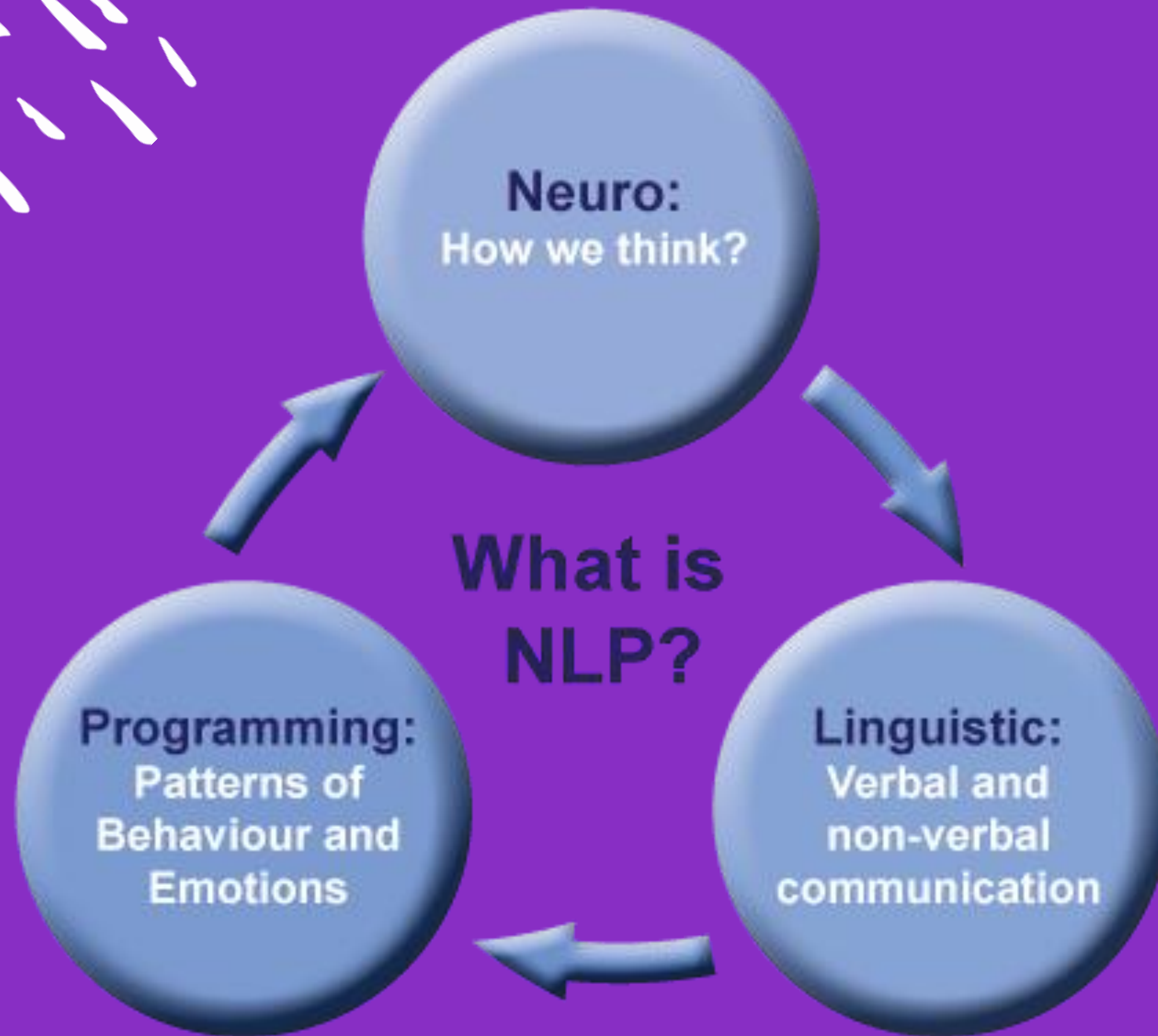


**Coaching
creates:**

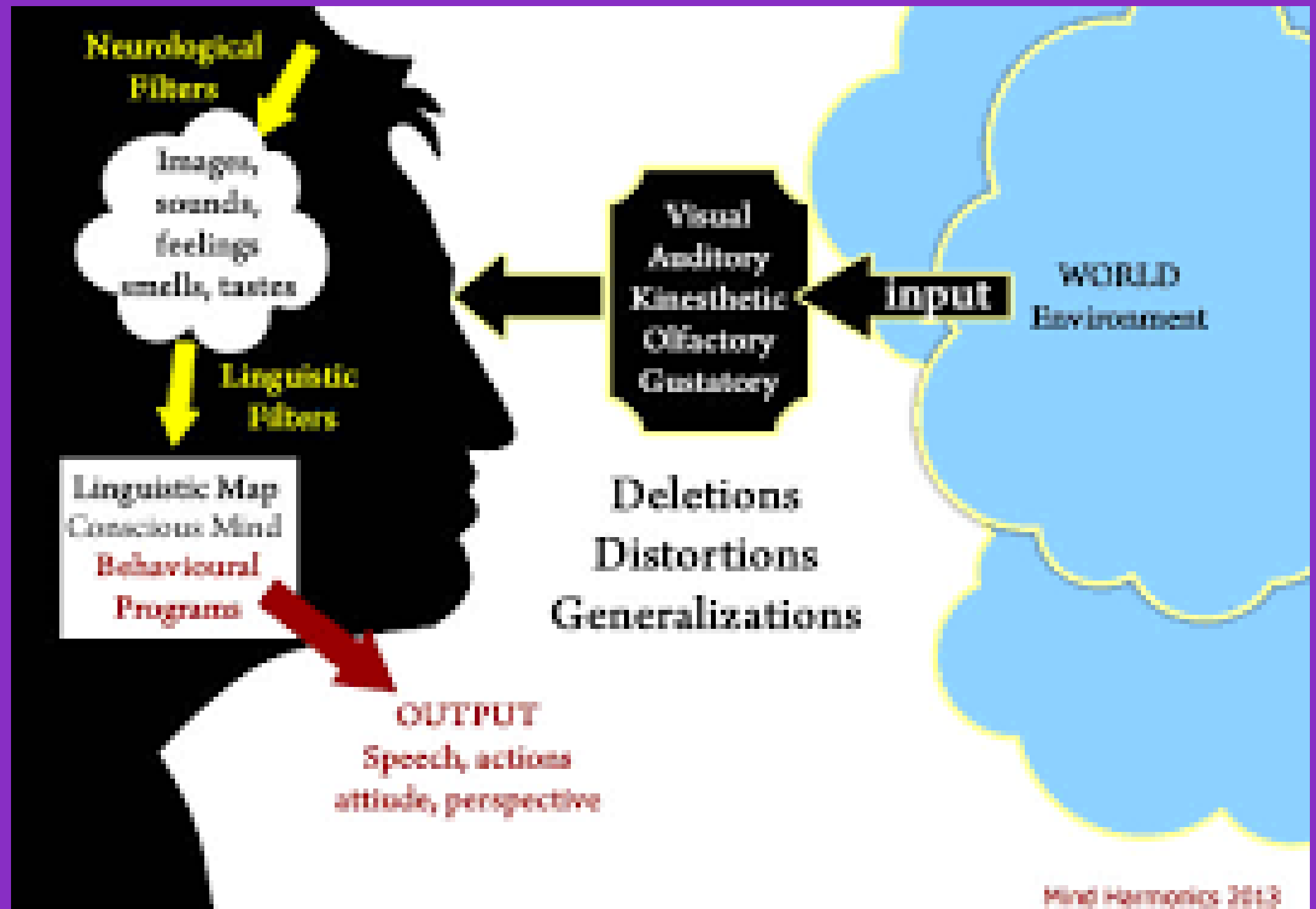
**Clarity
Creativity
Action
Values
Purpose**

**So what about
NLP?**





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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gecoaching.net



GE COACHING
"SUCCESS DESIGNERS"

