

INDIGO VIEW

NLP Life Coaching

Personal Breakthrough Sessions



indigo view

Vision Beyond Borders

WHY EVOLVED NLP COACHING

Ultimately success is measured by performance. Corporate or company success depends largely on the performance of its people. There is no substitute for human performance. The higher the performance of a person, the more they get paid, the better the performance the greater the reward. Coaching is imperative to ensure the success of individuals as well as organizations.

Evolved NLP Coaching is designed to instantly bring out the best in people. It sharpens and perfects the already acquired skills of individuals, teams and organizations by bringing about change that increases choice and establishes a platform that promotes ownership and enforces responsibility.

Coaching also contributes to the fulfilment of a need or encouragement of the progress of an individual for a specific effort or purpose for the achievement of significant strategic projects. Coaching can assist in the growth and development of the professionals and leaders of tomorrow and certainly assist tremendously in enhancing productivity, improves job satisfaction and job longevity.

Emotional well-being, awareness of emotions and ability to deal with them makes the difference between career stagnation or even failure and success and achievement – it can make or break a career. Emotional balance and positive emotions are directly related to the ability to be productive, resourceful, and effective.

Coaching stimulates individuality – it allows the clients to decide for themselves the best approach in solving their problems, how to interact with their bosses, managers, customers, as well as how to work individually or in teams, and ultimately how to proceed in their personal development.

People are paid first for what they do. As they move up the corporate ladder their remuneration becomes linked to responsibility and not what they do. In business often, the more you do, the less you make. The highest paid people in business are paid for creating and holding the concept of the organization in their mind.

OUTCOMES FOR EVOLVED NLP COACHING

Sustainable increased and enhanced performance by equipping a client to always be:

- Empowered
- In a Resourceful State
- Congruent

Empowered

To always be in control, regardless of circumstance. An empowered person creates results and does not hide behind reason.

In a Resourceful State

Your State produces your Behaviour that is responsible for your results. To always be in a resourceful state allows for objectivity and improves performance and decision making.

Congruent

Incongruence leads to indecision or inability to properly execute a decision or task. Congruency is the difference between a goal getter and a goal setter.

EVOLVED NLP COACHING WORKS WITH THE CONSCIOUS AND UNCONSCIOUS MIND FOR INTEGRATION



According to a team led by Professor Gerard Hodgkinson of the Centre for Organizational Strategy, Learning and Change at Leeds University Business School, intuition is the result of the way our brains store, process and retrieve information on a subconscious level and so is a real psychological phenomenon which needs further study to help us harness its potential (source ScienceDaily_Mar. 6, 2008).

Through analysis of a wide range of research papers examining the phenomenon, the researchers conclude that intuition is the brain drawing on past experiences and external cues to make a decision – but one that happens so fast the reaction is at a non-conscious level. All we're aware of is a general feeling that something is right or wrong.

“Humans clearly need both conscious and non-conscious thought processes, but it's likely that neither is intrinsically 'better' than the other,” he says. As a Chartered occupational psychologist, Prof. Hodgkinson is particularly interested in the impact of intuition within business, where many executives and managers claim to use intuition over deliberate analysis when a swift decision is required.

COACHING IS

Coaching is the ongoing developmental interaction between two people. The Coach and the Client, where the Coach assists the Client to develop his capabilities, achieve his goals and objectives and produce successful results. The Evolved NLP Coach facilitates change through verbal and non-verbal communication (questions, reflections, explanations, metaphors, tasks, guiding focus, exercises, etc).

The Evolved NLP Coach promotes and supports his Client's growth, learning, professional development, and personal benchmarks. The Evolved NLP Coach creates and facilitates change, elicits, selects, trains, asks meaningful questions, motivates, creates insight, explains, tasks, evokes, challenges, stimulates, supports and encourages client's self-expression.

YOU USE COACHING FOR

- Accepting Change
- Adaptability Issues
- Anger Management
- Career Development
- Change of Position
- Commitment Issues
- Communicating Emotions
- Communication Issues
- Company/Business or Personal Positioning
- Conflicts and Conflict Resolution
- Cultural Differences
- Decision Making
- Emotional Intelligence

- Feeling Left Out or Left Behind
- Gender Communication
- Job Selection
- Language Precision
- Leadership Competencies
- Learning Issues
- Mediation
- Modelling of Excellence
- Motivation (Self and Others)
- Negotiation Skills
- Nervousness
- Organizational Issues
- Performance Enhancement and Other Issues
- Personal Organization
- Presentation Skills
- Process Coaching
- Procrastination
- Project Planning
- Relationship Issues
- Role Issues
- Self-Esteem Issues
- Social Skills
- Stage Fright or Negative Emotions
- Stress Management
- Test Anxiety
- Time Management
- Work-Life Balance

SUCCESSFUL NLP COACHING DEPENDS VERY MUCH ON A FEW FACTORS

1. The Evolved NLP Coach has a high degree of patience, has a very little (if at all) intolerance or prejudice, and utilizes the Client mistakes for learning.
2. The Evolved NLP Coach strengthens and supports the accomplishments of the Client with rewards when they achieve their intended purpose.
3. The Evolved NLP Coach understands the importance of and puts special emphasis on the fact that we are all in a process of perpetual development and learning and that this process never ends.
4. The Evolved NLP Coach understands that building a successful relationship with your Client is essential (lots of rapport). This relationship is based on honesty, open communication, feedback and 100% responsibility for the outcomes on both sides (The Evolved NLP Coach and the Client).
5. The Evolved NLP Coach recognizes that besides the goals and objectives projected and planned for coaching, the overall growth of the Client's self-confidence, capability and ability to self-control his performance supersedes the more mundane goals.
6. In NLP Coaching, the development of the distinct personality of the Client regarded is essential.

7. The Evolved NLP Coach maintains a positive projection of his Client's success. Perception is Projection. The Client cannot actualize the behaviours which the Evolved NLP Coach doesn't believe to be true.
8. The Evolved NLP Coach absolutely believes that any Client can succeed and achieve his outcomes and he knows if he cannot believe this he will refer the Client to someone else.
9. The Evolved NLP Coach understands that this relationship is collaboration, and as such it implies 100% responsibility on both the Evolved NLP Coach and the Client.
10. The Evolved NLP Coach allows uncritically the Client to achieve the goals and objectives put forth in whatever way he can. (Personal attributes and characteristics, background, as well as personal preferences and private preoccupations, etc, even if personally irritating to the Evolved NLP Coach, should be left out of the coaching process).
In coaching the focus remains on context-related behaviours and unless the above mentioned attributes and characteristics or extra behaviours interfere with the goals and objectives for the coaching, the Evolved NLP Coach should leave them alone.
11. The Evolved NLP Coach recognizes the importance of immediate VS delayed feedback and utilizes both continuously for the purpose of mirroring back to the Client his output behaviours and to improve further output. The Evolved NLP Coach will create situations in which the Client will have the chance to produce more output behaviours and as a result to get more feedback.
12. The Evolved NLP Coach understands that the most important coaching tools are responsibility, accountability, commitment and clarity of one's goals.
13. The Evolved NLP Coach recognizes the importance of tasking as a vital coaching tool. Tasking is an effective way of conferring value on an experience – the more difficult it is to get on a path of success, the more participants are likely to value it and view it favourably regardless of its real quality. – Ditto the more expensive it is. – The more obscure and convoluted the subject, the more profound it must be.
14. The Evolved NLP Coach also understands that it is not, however, so much the qualities of the task which are significant, as the amount of effort which the Client has to put in: so the same qualification may well be valued more by one Client who had to struggle for it than a Client who sailed through.

EVOLVED NLP COACHING versus TRADITIONAL CONSULTING

TRADITIONAL CONSULTANTS

Traditional consultants are recognized experts in their fields, who either sell their expert advice or perform their expert actions (or both) to complete a task on behalf of their clients. Consultants are hired to solve problems. With consulting, you have considerable control over the process and virtually no control over the results. Consultants normally seek and take credit or acclaim for work done or achievements. Consultants must maintain their superior (expert) position and rarely form a close relationship with their clients. Consultants rarely affect the personal improvements of their clients.

EVOLVED NLP COACHING

In Evolved NLP Coaching the Coach is going to work the Client to discover and utilize his/her most productive strategies, values, and other modalities already at his disposal but which he/she is not utilizing to the most for his/her benefit. The focus is on the Client in achieving his coaching goals and objectives.

EVOLVED NLP COACHING versus PSYCHOTHERAPY

PSYCHOTHERAPY

According to Wikipedia: "Psychotherapy is an interpersonal, relational intervention used by trained psychotherapists to aid clients in problems of living. This usually includes increasing individual sense of well-being and reducing subjective discomforting experience through the process of lengthy discussion. Psychotherapists employ a range of techniques based on experiential relationship building, dialogue, communication and behaviour change and that are designed to improve the mental health of a Client or patient, or to improve group relationships (such as in a family)."

EVOLVED NLP COACHING

The first thing that surprised the Client in NLP Coaching is that we don't spend a lot of time wallowing about "the problem". We focus on discovering the structure of what prevents the Client from achieving his goals and changing the structure to make the goals achievable. Evolved NLP Coaching does not focus on the Client's life but on his/her future goals and objectives and the overall development and growth of the individual during the process of achieving those objectives.

THE EVOLVED COACH IS CERTIFIED AND ACCREDITED

The Evolved NLP Coach is approved by:

COMENSA (Coaches and Mentors of South Africa) and

Federation of NLPC Professionals (Federation of Neuro-Linguistic Programming Coaching Professionals)

The Evolved NLP Coach is certified as a:

1. Life Coach
2. NLP Practitioner
3. NLP Coach
4. Hypnotherapist
5. Time Paradigm Techniques Practitioner
6. Stress-Biofeedback Practitioner
7. Evolved Coach

A CLIENT IS A CLIENT WHEN

1. The Client has to ask for help **himself** (and not be forced to be there)
2. The Client has to have an Investment in form of Time, Psychic Energy and commitment
3. The Client surrenders to the Coaching Process (the Coach needs to be in Charge)
4. The Coach can give the Client what s/he asks for, not what others say they 'should' do
5. The Coach mustn't be part of the problem (the Coach isn't connected intimately to the Client)

Note: Not all potential clients become clients. The Coach will use his discretion in deciding whether a client is eligible for coaching or not. A 'filtering process' exists which ensures MAXIMUM results for potential clients.

LENGTH OF ONE-ON-ONE COACHING

Total Hours: 12 to 16 hours (decided upon by the Coach after consulting with the Client).

Number of Sessions: A minimum of 3 sessions (unless otherwise specified by the Coach, dependent on the needs of the Client) preceded with study material with opportunity work between sessions.

Length of Sessions: Sessions range between 3 and 4 hours each, as decided upon by the Coach.

Note: The Evolved NLP Coach is **committed to the Client**. The nature of the work is concentrated and thorough.

What we START, we FINISH.

SOME TESTIMONIALS

"I was truly blessed to have met you. The journey that you took me on was one of transformation and healing. I have come through it a motivated and confident woman ready to achieve the goals I set for myself. I thank you for your respect and positive attitude whilst working with me – it was a shining light for me to follow." - Shelley Bennet

"Thank you! Thank you! Thank you! Your guidance made all the difference and I am forever grateful. Thank you for being a kind and caring coach and for showing me the way, I now know that the answers are within me. I am so excited about my life right NOW and I am looking forward to each and every day! Thank you for sharing your knowledge with me and the world. You are the best!" - Janeke Strauss

"I am so blessed to have worked with you. Thank you for being a kind and caring coach. You helped me to let go of so much negative emotions and I am forever grateful. You have a gift of helping people and I believe that anyone who works with you will receive the breakthrough that they need. Keep doing what you are doing, you are changing the world." - Tichatonga Magongwa

"Steven has a larger than life character and integrity to match. I have yet to meet someone who has such innate empathy for his fellow man. His own sense of self has a beautiful aura of compassion and sensitivity which enables him to naturally "tune in " to those around him. Moreover-his desire for self-growth and his determination to be the best version of himself ensures that he dedicates himself entirely to the person in front of him-willing them to self-enlightenment, carrying them safely to their truth. That is a gift that defies any learnt skill - it is a talent that stems from embracing life. I absolutely loved working with Steven and found myself gravitating into his space simply to receive love. Big hugs of gratitude!" - Renee Williams

"Steven, thank you for the effort you put into the coaching. Your personal warmth and obvious enjoyment of what you do added great value to the entire experience. I hope you will continue touching lives of South Africans as you have touched mine. Stay in touch." - Nolitha Nkosi