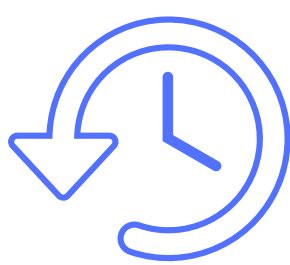


NLP - BREAKTHROUGH DAY



Detailed Personal History

EXPLORATION & QUESTIONS

We'll take a look at the highs & lows in your life and identify any behavioural patterns as the more I know about you, the better the intervention will be. I will provide a safe, non-judgemental space & guide you through the process.



Values Elicitation

HIERARCHY

I'll take you through a process of drawing out the values most important to you in your life or career, depending on what is appropriate to your situation. We'll review how satisfactorily these are currently serving you & how to increase this.



Prime Concern

OUTCOMES & FRAMEWORK

At this stage we'll dig deeper to really understand what the problem is, your prime concern. We often discuss a presenting problem and don't get down to the root cause. We'll use a language pattern here to dislodge it & revisit the session outcome.



Timeline Therapy

NEGATIVE EMOTIONS & LIMITING BELIEFS

We'll then move into Timeline Therapy & remove the negative emotions of Anger, Sadness, Fear, Hurt & Guilt. Next, we'll remove the limiting decision that created limiting beliefs in relation to your prime concern. You'll instantly feel the benefits.



Set Future Goals

ACTION PLANNING

We'll revisit your original goal & tweak if/as necessary. We'll test it & develop an action plan to get you to your goal. You'll also be set some post-sessions tasks so as to put you in charge of maintaining success. *Optional - follow up coaching sessions.*