**WHAT IS COACHING?**

Coaching is not a new concept and in fact it has its origins as far back as ancient Greece times, when Socrates used questions to enable his students to think deeper and be self-reflective.

Modern coaching is not that different and remains a way of enabling others to reach goals or desired changes, by exploratory questioning, supported by coaching tools and techniques including Neuro Linguistic Programming (NLP).

Coaching is about achieving results, it is solution focused, working primarily in the present and future, and unlike some therapies, for example counselling and psychotherapy, coaching can usually be effective within a shorter timescale, this is because the focus is not on historical cause discovery.

Here are some lovely metaphors that may for you sum up what coaching is and the role of the coach.

***“Life coaching is about gap analysis that closes the gap between life and dreams”***

***“When it’s dark and you drop your keys, but your hands are so full you can’t hold the torch to look. A coach is that someone who can hold the torch, and shine the light on all the area’s you might need to look, to find the keys, and open doors”***

**WHAT CAN COACHING BE USED FOR?**

Coaching is widely used in the sports world, education, business and management/leadership, and for everyday personal issues. Coaching can be useful for anyone who has a goal, from wanting to change an unwanted habit to wanting to become more confident with public speaking. even if the goal is not quite known or clear, coaching can help to clarify what it is you want. Below are just a few examples of what coaching can be used for

* Weight loss
* Health improvements
* Career/work
* Relationships
* Mental health
* Confidence
* Unwanted habits

**WHAT DOES A COACHING SESSION INVOLVE?**

Prior to the first session or during the first session, a coaching agreement is made, which outlines the commitment of both parties to the process, including being honest and open, and open to challenges.

The goal or desired change will be fully explored, looking at where you are now and where exactly you want to be. In my coaching sessions I utilise coaching models, tools and techniques including NLP techniques, and I may ask you to do “homework” or practice an activity, outside of and in-between sessions.

Within the session it may seem like I’m asking a lot of questions however, giving you no answers, and I am! This is because coaching is not about giving advice. By listening carefully, I can discover the right questions to ask, as a way to make you think a little deeper and find the answers that I believe you hold, in order to be successful in reaching your goal.

techniques we may use in sessions:

**Hypnotherapy** – useful for lasting habit changes such as smoking cessation, also confidence, habit change, eating issues. When a state of deep relaxation is reached, positive suggestions can be made to the subconscious mind.

**Emotional freedom technique (EFT)** – a way of tapping into the body’s energy system useful for unhelpful/negative emotions, fears etc.

**Bilateral stimulation** – useful for past traumatic events/Post traumatic stress disorder (PTSD)

**Mindfulness** – taught to enable you to be present in any given moment – can help improve physical health and support good mental health (stress relief, lower blood pressure, improve sleep etc)

**NLP techniques**

* Swish pattern technique – helpful for eliminating unwanted habits
* Anchoring – useful for being able to feel a positive/desired emotion at any time (e.g. confidence)
* Fast phobia release – helpful for wiping out fears and phobia’s
* Scrambling technique – helpful for disrupting the pattern of unwanted behaviour or habits