Coaching top tip

5 Top Tips in Coaching

- Time flies so it is important to stop and think about what time is wasted and what time well spent. Remember to be kind to yourself and others.
- Be aware of your own assumptions and prejudices. Ask yourself what you are bringing to the coaching relationship and what you are not. Remember to encourage that of him/her that they have but are unaware of.
- Be aware of your own feelings and those of your client. Ask yourself what you are bringing to the coaching relationship and what you are not.
- Be aware of your own and your client's physical environment and how it affects you both.
- Be aware of your own and your client's spiritual environment and how it affects you both.

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- Forward Thinking
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- Accreditation Deadline

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Hello and Welcome

Thank you to everyone who responded to the survey we conducted in October to ascertain what you would like to see in the newsletter. We are very pleased to report that we are going to continue with the newsletter and we will be making some changes to it in the new year. Watch this space!

The results indicated that the majority of respondents would like to see more articles and more information about what is happening in the coaching world.

Communication is not what we say or do but what our listener hears and sees and feels and believes and understands.

In Neuro-Linguistic Coaching we have a great deal of respect for our clients' ability to make sense of their own lives and to find their own way forward.

Meaning, etc. Most of us are aware that the communication process is more than just the words we use.

Research suggests 55% of communication is body language 35% is tone of voice and only 7% is the words we use.

What I mean, working with groups of coaches, is that we need to be aware of our own body language and tone of voice and how it is affecting our listener and what we are hearing and seeing.

Well, you have been a very naughty girl!, or, I'm very disappointed in you!, or, I'm very proud of you!, or, I'm very happy for you!, or, I'm very sad for you!, or, I'm very angry with you!, or, I'm very frustrated with you!, or, I'm very jealous of you!, or, I'm very grateful to you!, or, I'm very sorry for you!, or, I'm very sorry about that!, or, I'm very sorry about you!, or, I'm very sorry about me!, or, I'm very sorry about us!

Every time we say the phrase we are communicating something about our own feelings and our own experiences.

Body language 55%
Tone 35%
Words 7%

Well, I'm very sorry about me!

When I say anything with grounds of certainty I am communicating something about my own experiences and my own feelings and my own beliefs and my own values.

Well, you have been a very naughty girl!, or, I'm very disappointed in you!, or, I'm very proud of you!, or, I'm very happy for you!, or, I'm very sad for you!, or, I'm very angry with you!, or, I'm very frustrated with you!, or, I'm very jealous of you!, or, I'm very grateful to you!, or, I'm very sorry for you!, or, I'm very sorry about that!, or, I'm very sorry about you!, or, I'm very sorry about me!, or, I'm very sorry about us!

Every time we say the phrase we are also communicating something about our own feelings and our own experiences.

"Speak only what is true and what is kind."

And the quote from Mary Poplin's paper.

"Coaches are people who have a great deal of respect for their clients' ability to make sense of their own lives and to find their own way forward."

I hope that one of these a Newsletter item this month will be of interest to you and stimulate you.

Wishing you love, happiness and peace,

Nelly
Nelly Hayes
Editor
nelly@neurolinguistic-coaching.com

Do you have a story to tell?

We are always looking for articles and contributions for the newsletter. Please let us know if you have a great story, a tip, an article, etc. We would like to hear from you. Please contact the Editor at nelly@neurolinguistic-coaching.com

Do you have a suggestion for the newsletter?

Was about coaching will we cover?

We are always looking for suggestions for the newsletter. Please contact the Editor at nelly@neurolinguistic-coaching.com if you have any suggestions.

Neuro-Linguistic Coaching Ireland
Nelly Hayes
Dublin
Ireland
Tel: 01 8311 800
Mob: 087 2441 800
Skype: nellyhayes
www.neurolinguistic-coaching.com

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We would appreciate your feedback on this issue of the newsletter.

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Project Plan 4 Months On Pre-Advertise

Professional Indemnity

The Standard Self Cover can now stretch to cover Coaching Supervision. Coaches who are in Supervision can now add this to their Professional Indemnity Insurance. Coaches who are not in Supervision, but who have been in the past, can also add this to their Professional Indemnity Insurance.

Coaching Supervision, The Supervision Alliance, Supervision Groups, Supervision Training, Supervision Training Groups, Coaching Supervision Training, Coaching Supervision Training Groups, Coaching Supervision Training Groups, Coaching Supervision Training Groups

Article Resources
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Sponsors

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