



# The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies

## Neurolinguistic Programming (NLP):

NLP can give you the tools and coping mechanisms to change your normal patterns of behaviour, break away from unhealthy cycles and give you the freedom you need to respond and react in a healthier, more positive and beneficial way. NLP can be applied to pretty much anything where you want to improve how you do something, how you feel and how you think.

## What Coaching can help with

- Release and manage stress, tension, anxiety and headaches
- Heal emotional issues, shame, grief, or guilt that holds you back
- Change unhealthy habits and behavioural patterns
- Clarify your goals and create a compelling future
- Dissolve barriers that have kept you from achieving your dreams
- Establish healthy boundaries
- Enrich communication in all your relationships — with family, friends and significant others
- Improve relationships, self-esteem
- Improve health, athletic performance, relaxation, sleep
- Increase motivation and energy
- Post-trauma anxiety
- Overcome learning difficulties, test anxiety, ADD/ADHD, improve spelling and math
- eliminate negative self-talk
- Clear phobias and more...

## Transformational Coaching (NLP)

Your unconscious mind is the 80% of you that is out of consciousness, it houses all the information your conscious gives it to store, and it runs your body, retains and organizes memories, repressed unresolved memories with negative emotions and preserves the body. Your unconscious mind is very receptive to positive suggestions; therefore, a therapist can help you to reframe the way you think and feel about things, replacing negativity with thoughts and feelings which are more advantageous to you. This then drives you to automatically and naturally make healthier choice.



# The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies



# The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies

## How NLP differs from most therapy

Neuro-Linguistic Programming differs from most therapies in that it is solutions-oriented. It is not interested in analysing and dissecting a "problem", but rather focuses on finding satisfactory outcomes for clients. In doing so it has the ability to bring about lasting and constructive change.

## How does it work?

All habits and beliefs have been learned and are generated by the unconscious mind and are therefore out of our awareness. Our unconscious thoughts are based on previous experiences so if a situation is one that we've encountered before, we use our ingrained behaviours without thinking about what we're doing.

Some bad habits are hard to break due to secondary gain or simply because they begin as enjoyable activities. When we do things that give us pleasure our brain releases dopamine, a chemical that activates the brain's reward center. This encourages us to do those things again, and the activity becomes a habit. This is also true for limiting beliefs; you may be letting a belief that you formed at a young age hold you back today, such as "I am unworthy". This is only a belief; it is not true and therefore can be changed at an unconscious level to a belief that will empower your life. Through the use of a wide range of methods and models working with the conscious and unconscious mind it is possible to establish how your thoughts, behaviours, values and beliefs keep you within your current situation. It is possible to rapidly change whatever needs to be changed to bring about a positive change in your life, increase self-awareness, improve communication and change outdated patterns of behaviour.

## What can NLP do for you?

NLP can give you the tools and coping mechanisms to change your normal patterns of behaviour, break from the cycles and give you the freedom you need to respond and react in a healthier, more positive and beneficial way. These are just a few examples of how NLP can help you. NLP can be applied to pretty much anything where you want to improve how you do something, how you feel and how you think.

"It's an attitude that has to do with curiosity, with wanting to know about things, wanting to be able to influence things, and wanting to be able to influence them in a way that's worthwhile" - Richard Bandler in Using Your Brain For A Change.



# The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies