

Your Breakthrough Experience

Experience a breakthrough with Transformational NLP Breakthrough Coaching

The NLP Breakthrough Coaching Experience is a powerful tool to change perception and create true transformation. It is a dynamic approach to identifying and resolving the underlying issues that are speed bumps and detours on the path to your total fulfillment and joy de vivre, peace within, and peace in your relationships. Some of these issues are known to us, some of them are unconscious, and some of them are imagined.

Nevertheless, they all change perception, and as we look back at how we have adapted to life, we realize the negative influence they have had on us. Eliminating these perceptions and beliefs will enable you to enjoy life in the flow, with freedom and fulfillment. Your breakthrough coach has Master NLP expertise and can help you with any life challenge. (What is NLP breakthrough coaching?)

NLP Breakthrough Coaching: How Does NLP Work?

NLP Breakthrough Coaching usually follows four stages;

Stage 1 - Initial Phone Conversation

Before meeting, I will have a phone conversation with you to assess whether I believe 100% I can assist you to get your result. I will also determine with you how long your session will be, based on what you are wanting. This agreed time will act as the maximum time you will be charged for (see NLP Breakthrough Coaching: Promise & Guarantee).

Stage 2 - Pre-Session Questionnaire

I will send you some searching questions requiring honest and thorough answers that will enable you to start the process of identifying what exactly you want from your Breakthrough, how you are going to measure success and what the key patterns of your particular issue are. The more clients put into this, the more effective the session will be. Your answers must be returned to me prior to our first session.

Stage 3 - 1:1 Breakthrough Coaching

The typical total coaching time is usually around 6 hours and I usually split the time over three sessions as follows:

Session 1

DISCOVERY...UNCONSCIOUS BELIEFS

- Establishing how you want your life to be and how will know you've got what you want from your Breakthrough

- Uncover the real underlying beliefs and motivations around the issue
- Discover the root causes of the problems that prevent you from experiencing the life you want
- Intricately map out the web of the problem and how it manifests each area of your life

Short lunch break

Session 2

BREAKTHROUGH...RELEASE

- Release all negative emotions from the past including anger, sadness, fear, guilt, hurt
- Undo any limiting beliefs you have about yourself or your life that have caused the problem in the first place
- Resolve any internal conflicts that prevent you from giving life 100%
- Establish and install new behaviors that will support your new way of being
- Test and test and test to be positive you have got what you want

Session 3

DESIGN YOUR DESTINY...ACTION

- Set goals for you to move toward to give yourself a real sense of direction, focus and purpose in your life...find your passion!
- Learn how to effectively utilize the Law of Attraction
- Agree short term tasks to be completed shortly after the session to ensure all new behaviors are installed, and new empowering networks are created. (Daily texting of intention and daily review for 14 consecutive days)

The success of these sessions is dependent on your ability to answer questions openly, to stick to instructions when resolving the issues and give 100% commitment to getting the result. Obviously, I can only show you the door; you have to walk through it.

Stage 4 - Post Session Homework

COMMITMENT

It is my clients' job to give 100% to the tasking and to achieving the goals we set during the second session. I ask my clients to contact me daily by text to initiate tasks and goals, and to support your commitment to your new life choices.

Throughout each stage, and after completion, I offer full telephone and email support to all of my clients at no extra charge. Clients often find this helpful to answer questions, review progress and help set even more ambitious goals for the future.

NLP breakthrough Coaching does work and the format .has worked brilliantly for all my committed Breakthrough coaching clients. Isn't it time you had your breakthrough?

Contact us on +442866328200 or email info@lindaburke.co.uk