

## Frequently Asked Questions by a Skeptical Inquirer

1. What exactly is NLP?
2. How is NLP different to other therapies?
3. Isn't NLP just positive thinking?
4. Is NLP manipulative?
5. What's the difference between Life Coaching and Breakthrough Coaching?
6. How long does it take for the symptoms to change after completing a Breakthrough Coaching session?
7. Are you a Life Coach?
8. What makes you different to other NLP coaches?
9. Why do I cost more than other coaches and therapists?
10. Is there a money back guarantee?
11. Aren't ME and Depression physical illnesses?

Like you, I was once a skeptical inquirer about NLP and breakthrough coaching. It all seemed far too good to be true. "Fast change" "breakthrough" "life changing" "lasting change" etc...how could it possibly be so simple...but actually it IS just that simple!! These are some of the frequently asked questions I asked when first considering attending a breakthrough coach. I hope they help to allay your fears skeptical inquirer!

### **1. What exactly is NLP?**

Neuro - the physical senses we use to understand the world

Linguistic - the language of those senses (pictures, sounds, feelings, smells, tastes, thoughts)

Programming - how we process and make meaning of this information to form our beliefs, attitudes and behaviors

Starting in the 1970's, the creators of NLP, Richard Bandler and John Grinder were very curious about HOW the world's best therapists got results. They went about modeling them and distilling their excellence into what we now know as NLP. As such NLP helps people understand how they are creating the world currently and also crucially how to change it so that the change sticks.

### **2. How is NLP different to other therapies?**

In my own experience of being on the receiving end of other therapies (and from my degree in psychology), the approach NLP takes is very different.

NLPs approach is that we create problems and therefore can un-create them just as easily, when using tools that work with the Unconscious Mind. As NLP and Hypnosis are excellent for working at this level, they are the most powerful for creating quick, long lasting change. Other talking therapies tend to take a long time and frequently do not get to the root cause of problems and if they do, rarely clear them out and remove the problem as they work mostly with the conscious mind.

### **3. Isn't NLP just positive thinking?**

No. Some people's pre-conception of NLP is that it just uses visualization, affirmation and quick fixes that don't last - like covering up problems with a plaster but not solving the problem itself. THIS IS UNTRUE. All of the

processes I use actually shift the thinking at the unconscious level, not just the conscious. This means that change work lasts for ever and without any need for positive thinking all the time. Personally I find it rather disrespectful and tiring to keep telling myself one thing when I actually believe another. I'd rather just change the belief and keep the change. For me, positive thinking is positively rubbish.

#### **4. Is NLP manipulative?**

If you take a problem and manipulate it into disappearing, then yes, NLP is manipulative. As with all powerful tools, they can be used with or without integrity. The tool itself is never the one manipulating, it is the one using it. Integrity is very important to me.

#### **5. What's the difference between Life Coaching and Breakthrough Coaching?**

o Life Coaching focuses individuals on what they want in life and how they will go and get it. It helps build strategies. (Life coaching does not get to the root cause of WHY your life is not the way you want it. Without eradicating your limiting beliefs and negative emotions you will be struggling to maintain the strategy)

Breakthrough Coaching does the same but also transforms repeating negative belief patterns to clears out the blocks to achieving, making sure that the core level self belief and motivation are aligned to what you wants, creating far more powerful transformational results.

#### **6. How long does it take for the symptoms to change after completing a Breakthrough Coaching session?**

You will experience the difference straight away. For some clients, all symptoms totally disappear immediately, for others it can take up to a few weeks for the body to fully restore itself to full health again. Either way, you will experience the major symptom logy disappearing during the session itself.

#### **7. Are you a Life Coach?**

I don't like the term Life Coach as it covers such a broad spectrum of skill levels. I believe I am much more than a Life Coach.

#### **8. What makes you different to other NLP coaches?**

I spend the time needed upfront to thoroughly map out my clients patterns and bring it back to 1 or 2 root causes for everything. This makes my sessions very simple to understand, life pervasive in their impact and extremely thorough in ensuring the pattern is cleared out. I then finish sessions by setting goals with clients to ensure they change their behaviors and re-enforce the change work they have gone through.

#### **9. Why do I cost more than other coaches and therapists?**

Coaches and therapists charge what they are worth. The price of my breakthrough coaching reflects my ability to help clients resolve the largest of life issues in less than 10 hours. Many of my clients who have had counselors or other therapists over a long period of time tell me they have spent more over a long period of time and still don't have the result the wanted. Breakthrough Coaching is only for people who are serious about getting the result.

#### **10. Is there a money back guarantee?**

No. From my experience, when clients have had entrenched habits for a long time, offering a money back guarantee provides a back door for them to make the Breakthrough Coaching not work. The guarantee I offer is that I will work

with my clients until they get their result, with a capped maximum price agreed at the start.

### **11. Aren't ME and Depression physical illnesses?**

Yes they are AND research over the last 30 years has shown that ALL physical conditions (not just those traditionally mentally related) have a mental emotional cause. Through the work of Dr Ryke Geerd Hamer, there is now ratified scientific evidence of a connection between the Psyche, Brain and Organ. This means that every single dis-ease people experience will have an originating specific type of "significant emotional event" an event in their lives that shocks the mind, the brain and the body at the same time, leading to the specific symptoms. It continues to astound me that greater funding isn't given to work with the mind-body connection as the research is now there in black and white.