

Life Coaching v NLP Breakthrough Coaching

For the last 30 years I've been helping people to sort out the biggest problems in their lives and create amazing lives for themselves. Until 10 years ago my focus was on healing physical problems, but I became increasingly aware of the huge part the mind has to play in both creating and healing disease, and in the quality of our life experience. I now use NLP Breakthrough Coaching as a profoundly effective transformational tool for my clients.

When I started, my style and approach seemed very new in the world, well before Life Coaching became popular. When the term arrived a few years ago I was very excited that there was actually a label for what I did! Hurrah!

I have since heard many reports from people who've been to see a "Life Coach" and had mixed to disappointing or short lived results. Once again it is time for me to explain what I really do!

Life Coaching, it seems, can mean many things. Some coaches give advice, some do counseling, others do basic level coaching on making surface level changes and help you strategize around your problems, but very few create consistent, deep level change.

For any change to stick, it has to fit with what you believe about yourself deep down. If you don't really believe you can do something, or in fact deserve it, you just end up TRYING really hard until your willpower runs out! Just think for example, why don't diets work? We know WHAT strategy to use, but we don't or can't stick to it! Why?

From my point of view, if coaching doesn't consistently produce long term results, then why do it?

Life Coaching tends to be for the CONSCIOUS MIND (ie your thinking mind).

It:

- focuses you on goals
- uses workarounds to help with problems (ie how to COPE with STUFF better)
- gives you advice on steps to improve your life
- provides someone to chat to

For some people, it may well be enough for them to create a short term fix. NLP Breakthrough Coaching is for the CONSCIOUS AND UNCONSCIOUS MIND (your thinking AND your deeper, more powerful mind).

It:

- focuses you on what is actually important for you
- removes the blocks and limitations that hold you back in life
- teaches you how to communicate really well with your deeper mind and inner wisdom to help you be naturally more happy, aware and fulfilled
- ensures your Conscious Mind and Unconscious Mind work together (in alignment or coherence) so that you make a life for yourself that you love
- enables you to start being who you want to be, doing what you want to do and having what you want to have

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!

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