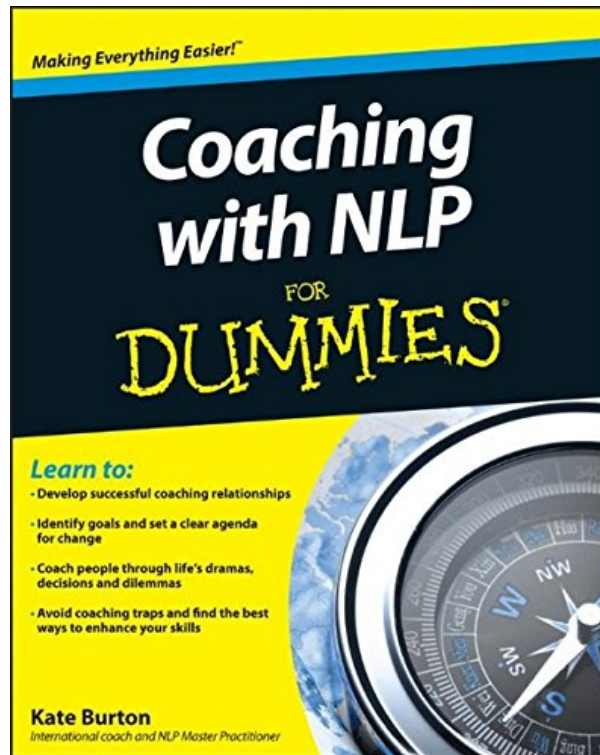
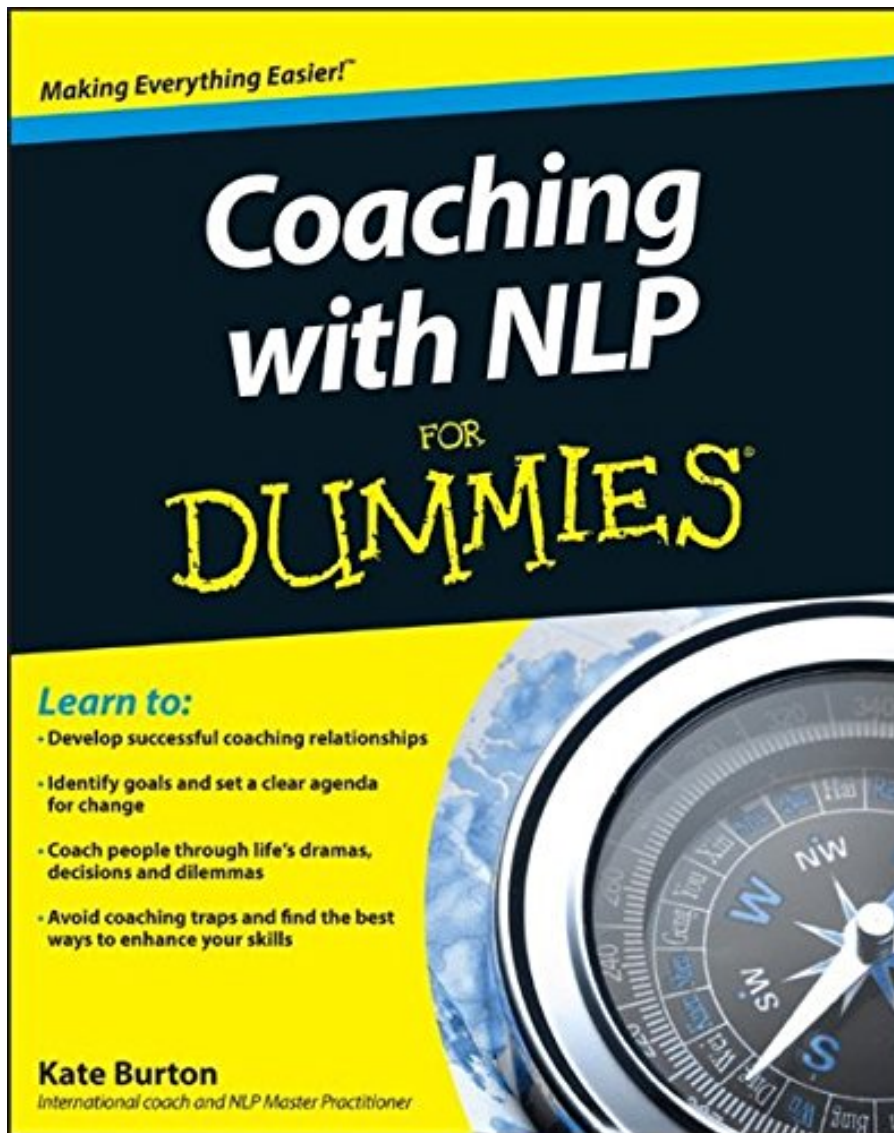


# COACHING WITH NLP FOR DUMMIES BY KATE BURTON



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From the Back Cover

Learn to:

- Develop successful coaching relationships
- Identify goals and set a clear agenda for change
- Coach people through life's dramas, decisions and dilemmas
- Avoid coaching traps and find the best ways to enhance your skills

Navigate your way through coaching with NLP

Whether you want to become an NLP coach from scratch, or want to incorporate NLP skills into your existing coaching or managing role, this book shows you how to coach someone in any personal or professional field. Using the key elements of NLP – rapport building, communication skills and mirroring techniques – you'll discover how to establish goals and values, lead a coaching session, ask the right questions and lay the groundwork for change. This book is packed with handy resources, including sample coaching scripts, forms and activities. *Coaching with NLP For Dummies* shows you how to use your NLP skills within a coaching environment and guide your clients to success.

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- Advice on engaging all the senses

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- Techniques for coaching teams
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- Ways to become more personally effective

#### About the Author

Kate Burton is a leading international executive coach with a background in corporate communication in IT, and works with clients such as HP, KPMG and Microsoft. She brings her extensive knowledge of practical NLP approaches to enable leaders, teams and individuals to be the best they can be. She's also the bestselling author of four other Wiley books including Neuro-linguistic Programming For Dummies and Live Life, Love Work.

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How to become an NLP practitioner?or supercharge your coaching skills with NLP

One of the most popular methods for helping people achieve their life aspirations?Neuro-Linguistic Programming, or NLP, holds the key to remaking one's future. NLP encourages users to re-create the thought patterns common to those who excel, a process that helps gradually weed out negative or habitual thinking. Using the key elements of NLP?developing a coaching relationship, shedding light on patterns, managing emotional states, and shaping an agenda for change?this practical, inspiring guide offers the tools for helping your clients upgrade the quality of their personal or professional lives.

- Reveals ten powerful coaching questions, ten traps to avoid in coaching, and ten ways to enhance your coaching skills
- Offers tips on laying the foundation for success and quick win sessions
- Insights on how to tap into passion and purpose?and making goals come alive
- Methods for coaching yourself or your team and coaching through conflict
- Other books by Burton: NLP For Dummies, NLP Workbook For Dummies, and Building Self-Confidence For Dummies

Ideal for those working towards becoming an NLP practitioner or master coach, Coaching with NLP For Dummies is a guidebook to life transformation?for both client and practitioner.

- Sales Rank: #324042 in Books
- Published on: 2011-04-25
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .82" w x 7.42" l, 1.59 pounds
- Binding: Paperback
- 400 pages

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3 of 3 people found the following review helpful.

It really can be simple!

By DDuke

This is the most clear and helpful NLP//Life Coaching text I've read. It is so well organized and simply written that it has been a great help in pulling together information from many other sources and studies, so that I can visualize how to actually use the information and conduct a session with a client.

2 of 2 people found the following review helpful.

Kate does a great job once again!

By Charlie Badenhop

This is the fourth book of Kate's that I have read.

She does an excellent job of making everything "just" simple enough, yet not overly simple.

I have quite a lot of experience in NLP and yet I found that I picked up a lot of high quality information.

This book can serve both beginners and advanced practitioners really well.

Congratulations Kate, you have once again done a great job!

2 of 2 people found the following review helpful.

Finally, the perfect coaching book

By Mina Brown

I'm a big fan of NLP and have both the NLP for Dummies and the Business NLP for Dummies, plus the workbook. I use NLP in my coaching so I've been a student of NLP for years. This book gets it just right--a solid balance between coaching competencies and useful, relevant NLP skills. **THANK YOU KATE!**

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