



NLP COACHING AND LEADING ONE ON ONE COACHING

To Kamal (this is a real case and this is how it's done/ Names are created to support this article)

PLEASE READ: This is only a sample document to show how a one-on-one coaching session is set up and how it might assist someone in taking control. Do not apply this to you because it isn't you, and don't compare because it isn't you either. You simply see this as a way to broaden your horizons. Thank you for agreeing with my point of view. You can now begin reading this.

Mark

i *This proposal is written based on the conversation I had with you giving my independent observation. Please take time to go through it carefully and share your feedback before we begin our sessions. The objective of this proposal is to align with you so that we are very clear of your objectives. Once we agree, we will work on the same.*

OBSERVATION

i *Based on our discussion, I noticed that you are a competent Software Manager with loads of experience locally and internationally. Also noticed, whatever you are facing now has a certain impact from your small days or from your young days which I need to drill deep to understand and at this moment I don't want to be judgmental and mind read.*

I also do understand the job that you do is creating pressure and getting that flexibility of your mind will surely be an advantage for your health and for your work too. I admire the skills that you have acquired for music through your parents and it is something that you need to focus which I want to include in to our discussion later on.

My goal is for you is that whatever you are going through can harm your health unknowingly. I also want you to know that, not knowing to cope that kind of pressure will casue your other different sicknesses later on in your life and I think you don't want to accept such issues later on and regret for not taking action. I think you want to have a better health while coping and reaching your goals.



Coaching Assessment

Areas to improve

i *I think based on our chat over the phone, fear is one of the biggest area which is spreading in to other areas such as pressure handling, risk taking, getting panic, over thinking and too much detailing are few areas that noticed.*

Now having said all this, there are things which are good for you. Cause they create a better internal connection for you to find newer solutions. But if I can get you to understand how you can connect with your own self and master those moments, you will see a better progress.

Flip side of the coin

i *So based on the above, what if I work with you and create a life by creating better coping methods while getting you to understand how your mind can handle the situations separately and increasing confidence, do you think that will help you to gain better results. Now I know you always go back to the question with “BUT” , now what it will does is it will create you to disagree with the suggestions and create your doubts again which will create another doubt over another doubt. Hope you got my point.*

Why it's happening because you are reasoning things in your mind which is good but the way you do can block your progress. Because each person has a strategy which goes in the mind and now it's a pattern, and before you speak out, your mind goes through your internal strategy and sometimes people use the wrong strategy and get confused.

But if you see yourself like the flip side of the coin, and see yourself as what you need, you might see a better solution for your life. Based on the above, I would like to work with you on the following

- Goal #1: Get you to understand how your mind works
- Goal #2: Understanding how you create workable thoughts
- Goal #3: Creating beliefs that will increase your confidence
- Goal #4: Help you to overcome fear, panic,
- Goal #5: Pressure handling a separate day where I will take down the toughest pressure cases and work with you
- Goal #6: Set new goals for your future
- Goal #8: A book will be given for you to read before we begin



MY PROPOSAL

i *I like to work with you for minimum 5 sessions and a session will take minimum to 1 to 2 hours. But I want you to come prepared to accept changes for yourself. Agree with yourself that you are meeting with me to make changes for yourself. That will help you by giving approval to your own mind. you are free to ask any questions but in your mind you need to be ready to explore. That's my point. I want you to know that these not strategies that I can show you but I will help you to explore things on your own.*

So the success will be based how well you are willing to explore. If you are in 60%, I want you to take time and increase it in to 200% and when you reach that, we can begin. Also it will be a slow progress casue I do understand how important it to create that transformation and I can feel the impact that will create for your life, family and for your future. That's my goal for you but I am preparing you so that it will help you to digest.

GROUND RULES

i *As Trainer, coach and a counselor, I follow certain ethics in my coaching and it's my duty to share this with you in advance.*

- *I maintain total confidentiality of our discussion at all times. I will share with a third party only after getting your permission.*
- *If there is a risk involved to you, your health or to another person through you or to the society, I will inform the 3rd party even without your permission as a precaution to avoid such problem for your own safety.*
- *I am not medical doctor so I will not treat you through medicine.*
- *Gifts are not accepted.*
- *Not allowed to record/ video the conversations*
- *Not allowed to share the books and the materials shared during the program with you with others without getting prior approval.*



CONCLUSION

i *NLP coaching and leading brings you with resources to identify your natural skill while creating a lasting impression on you as well the peers. Our programs will differentiate your character, dreams, and how you perceive and make a charismatic person for sure. They will never be the same again just like it changed my destination, my life and my progress.*

I look forward to working with you and would like to support you to reach your goals. When you decide, you will need to let me know a specific day so that I can block your time. If you have any more clarity on this paper, please feel free to call me on 0773088643.

Thank you

Wish you success

Mark Thrimawithana

CEO-NLP Coaching and Leading/ mark.thrimawithana@gmail.com mark@nlpcoachingandleading.com