



NLP Coaching and Counselling

Today, competition among professionals and non-professionals is challenging. While Corporates try to push sales, clients look for better products and are more conscious. As a result, companies tend to make fast-tracked decisions and this can challenge employees in certain grades to transform their behavior as management expects. This can lead the existing trained staff to create conflicts and even look for new places and can cost surely more than recruiting a brand new employee.

Through NLP (Neuro-Linguistic Programming) coaching and counseling, my target is to facilitate such employees to understand their inherent potential and to achieve their goals.

Areas to improve for working professionals:

- Interpersonal conflicts
- Communication problems
- Bullying/Harassment
- Low motivation and job satisfaction
- Performance issues
- Limiting beliefs
- Other personal issues

How "1 on 1" coaching can support?

- To understand the problem and the cause
- Understand taking action
- Improve rapport with stake holders
- Increase flexibility
- Improve communication skills
- Help to change unwanted behavior
- Improve confidence
- Overcoming internal conflicts

Methodology

- "1 on 1" discussion with the client
- Confidentiality will be maintained
- Duration for a client will be an hour a week
- Number of sessions will be determined based on the client's requirement

"I believe that every client can reach their fullest potential, what limits people, is their own mind"



Mark Thrimawithana

Mark is an Award winning Marketer and a Corporate Trainer having 23 years of experience in Banking and Finance. He is a Certified NLP Trainer, NLP Master Coach, NLP Master Practitioner and NLP Master Time Line Therapist, certified by the American Board of Neuro Linguistic Programming (ABNLP). He is a Counselor and holds a MBA (MKT), MSLIM, MCPM and CPM Asia.



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