

# NLP – WHAT IS IT?

NLP is a fast and effective methodology/toolkit for deep, lasting change.

It assists with self-awareness (understanding yourself), communication, decision making and finding the most resourceful version of yourself for any situation (managing your 'state').

**N – neuro** is our mental filtering system used to process data absorbed through the 5 senses to create our map of the world.

**L – linguistic** – we assign personal meaning through language to create our map of the world

**P – programming** – our behaviour/patterns of response as a result of this mental filtering and assigning meaning.

A useful metaphor for NLP is to imagine the human brain as an elephant and a rider. A lot of the time, the elephant and the rider are happy to travel in the same direction. Sometimes however, the elephant and rider want to go in different directions. The elephant tends to win.

This analogy is like our conscious and unconscious. Our unconscious is the elephant. It is the part of us that decides to have the chocolate bar when we are trying to eat well, or the part of us that keeps us on the sofa when we know it would be better to get up and exercise!

The 'unconscious' manages and controls over 90% of us - from our biology and chemistry to what we believe and the habits we repeat. The 'unconscious' is a great place to start if you are looking to make changes in your life.

I use NLP within the coaching process as it helps a client to make lasting changes and nurtures a deep self-awareness of themselves and others.

[More information here.](#) [And here.](#)

## COMMON THEMES IN NLP

<ul style="list-style-type: none"><li>• clarity about values</li><li>• difficult relationships</li><li>• lack of direction</li><li>• establishing goals</li><li>• motivation</li><li>• lack of social skills</li><li>• fears/phobias/trauma</li><li>• decision making</li><li>• creativity</li><li>• problem solving</li><li>• life planning</li><li>• limiting beliefs</li></ul>	<ul style="list-style-type: none"><li>• habits or compulsions</li><li>• self sabotage</li><li>• stage fright</li><li>• lack of confidence</li><li>• unwanted reactions to events</li><li>• unwanted habits</li><li>• identifying a problem</li><li>• managing regret</li><li>• time management</li><li>• negative states</li><li>• managing nerves</li><li>• public speaking</li></ul>	<ul style="list-style-type: none"><li>• driving tests</li><li>• stuck situations</li><li>• failure</li><li>• difficulty relaxing</li><li>• conflicting demands</li><li>• procrastination</li><li>• chronic injury and pain</li><li>• negotiating and mediating</li><li>• enjoying experiences</li><li>• being more creative</li><li>• managing emotions</li></ul>
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