



# Understanding Lumen Coaching Sessions

NLP stands for Neuro Linguistic Programming. It looks at:

- how we take in information
- how we process that information
- how that impacts our thoughts, & behaviours
- how we communicate with others.

To understand what NLP is, let's look at what it isn't. You've probably got a rough idea of what counselling is? Counselling is known as a 'talking therapy' whereby you talk in depth about your feelings and the issues you are facing. The counsellor's role is to listen and reflect back and this is great for people who want time to talk and offload their feelings.

NLP doesn't involve long discussions on feelings. Instead NLP focuses on working with your unconscious mind, as 95% of our thoughts and behaviours originate in this part of the brain.



## What is NLP and more to the point what isn't it??

### CONSCIOUS MIND = 5%

- Will power
- Short term memory
- Logical thinking
- Critical thinking



### UNCONSCIOUS MIND = 95%

- Emotions
- Values
- Habits
- Beliefs
- Protective reactions
- Long term memory
- Imagination
- Intuition

Everyone is different but I generally have around 4-6 sessions with clients. I will start off by helping you understand how we take in the 11 million pieces of information our brains are presented with every second and how this filters into our unconscious and conscious minds.

We'll then look at how we can change the messages that the unconscious mind is sending to your conscious mind. If you look at the diagram you can see the unconscious mind is responsible for so much of what we think and feel. If it starts to process information in a way that doesn't help you it can be tricky to set it back on the right path.

After this we'll look at providing techniques to your conscious mind so that it can start to effectively challenge the messages your unconscious mind is sending. We'll also look at communication strategies that will help you to improve how you interact with your family, friends and teachers.

The sessions are designed to be light-hearted and a fun way for you to learn about how you can make sure that your brain is serving you in the best possible way.

You already have all you need to succeed. My role as your coach is to help you thrive! You can then go on for years to come and use the techniques from your new toolkit for yourself.



# Shine Brightly!!

These sessions can help with so many different things from anxiety, motivation, feeling overwhelmed, body image, lack of confidence to low self-esteem and anger issues.