



Quantum Coaching

Consulting and Coaching Services to Business and Educators

Neuro-Linguistic Programming (NLP) employs a mind over matter philosophy. It provides a set of tools for problem solving. Using these tools allows us to set aside that tape that we play over and over again in our heads. That tape that keeps us stuck-that voice that says, “ I can't do this” or “This is not going to work”. That tape or movie is run by our conscious mind that attempts repeatedly to control a situation as we've mapped it out. You see, NLP allows a person to go to the source of the answer- unconsciously- and allows us to recognize the capacity we have to let go of that tight grip we have on the controls that are steering us in the wrong direction. It allows us to change the sound of the voices on the tape-- to see the movie differently-- to view it with new eyes.

When we are stuck in a problem that we can't overcome, there are stumbling blocks in our road. NLP allows us to access the unconscious mind to find the answer. There is a wealth of information in place that allows us to problem solve and to turn stumbling blocks into stepping stones. By using language in moving our conscious control into our unconscious source of knowledge and inspiration, we are able to retool our sensory perception of reality. We can literally change our reality-our map of the world.

Using NLP includes setting a purpose, determining the outcome we want, asking many questions, accessing the solutions in our unconscious mind and bringing them to the present moment allowing us to move forward in a positive direction into the future.

Using NLP tools and techniques, I have worked with a variety of people of all ages-from an educational setting and in the business world. People often come to explore NLP when they know they want a difference in their work and/or or personal life. They are ready to problem-solve but notice that they are “stuck” in old patterns of behavior. They are paying attention to what’s **not** working and what is blocking their progress.

What I know about this is that **where your attention goes – your energy flows**, so when a person pays attention to what is not working...well, it is like going to the grocery store with a list of what you do **not** want! When we put our energy into what we want to accomplish, what we want to achieve, and into the way we want to be, we can move toward that. Life is so much more than simply moving away from, or running from, or dragging along the baggage from our past. What NLP allows someone to do is create new patterns of living--which opens up the entire horizon of possibility about what they can do in their lives!

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