

Stress melts into great performance

Stress melts into great performance are you:

Seeking to meet your full potential?

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Meeting challenging and conflicting demands in your work?

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Facing an accelerating rate of change?

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Looking for new ways of moving forward?

- increasing your responsibility?

- Fearful of the future?

Your programme of 3 NLP performance-coaching sessions prepares you to maximise whatever challenge or opportunity you face NOW.

Our Performance Coaching methodology is based on Utilising NLP to deliver value through measurable change by :

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raising awareness of "present state" in other words what is happening right now, and specifically defining how you want to change in what we call "desired state".

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tracking : developing a sensory-based feedback loop that enables you to know where you are on your journey and how you are progressing towards your outcome.

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Measuring impact on your business performance enables planning and prioritisation of the actions to be taken. Feedback : Realising and celebrating what you have achieved and what still needs to be done.