



Can you use the Worlds most successful coaching strategy NLP to help you be a better parent?

Mark Shields Investigates

There is no doubt that rearing children is one of the most challenging yet rewarding jobs that any person can experience. Each new stage of a child's development will most certainly provide many eureka moments, but can also present elements of consternation and anxiety for the adults involved.

As a parent, NLP techniques are a invaluable set of tools to possess, as they can help development in many ways, not just for the child but for the adults too! They can certainly encourage you to become the exceptional parent you strive to be; they can enable you to relate to your child with ease and encourage mutual understanding; they can provide useful strategies for those difficult times when as a parent you may feel despondent, and as a positive end result they can even strengthen family bonding and provide fulfilling relationships.

So let NLP guide you through the Baby blues, the Terrible twos, through the Jekyll and Hyde teenage years and beyond, so that you can experience fully the joys of being a good parent,

delighting in your children whilst developing a healthy and positive relationship with them.

SO, WHAT EXACTLY IS NLP?

Neuro-Linguistic programming encompasses three of the most influential components involved in producing human experiences; neurology, language and programming.

As we grow and experience the world in which we live, we build associations with things that we see, hear and feel. We then see the world as a result of our own individual experiences, and believe it to be just so, yet others may have a different perception depending upon their own experiences, but who's to say who is right? NLP can help to identify and change habitual patterns of behaviour which may be causing problems.

An adult can unintentionally transfer any negative experiences from their own past onto their children, and as a result the child may develop beliefs based upon their parent's experiences,

rather than through their own perception. Over time, negative patterns can limit possible responses, so that eventually there is no longer a choice as to how we react to particular events in our own lives. This is where NLP comes into its own, as the specific techniques applied can break down and shift negative beliefs, thoughts, feelings and behaviours so that the adult can learn to respond positively and effectively, and in turn learn how to pass this positivity on to their child.

A tailored NLP program devised to suit your own individual experiences will provide you with an informed choice in how to respond to any given situation you may find yourself in as a parent, rather than continue with what you had previously been conditioned to do because you had believed it to be the ‘right way’.

Through NLP, past negative experiences can be resolved in positive ways. You can learn the skills required to help your child deal with challenges in their own lives in a constructive and efficient manner. As a result of your positive thinking, relationships are productively reinforced as you become more capable as an understanding and nurturing parent, encouraging your family life to be more satisfying and fulfilling to all involved.

BENEFITS FOR THE YOUNGER GENERATION

It is not only adults that can directly benefit from NLP, but due to their vivid imaginations and open-mindedness, children can particularly benefit from a specific tailor-made program. NLP can empower children to take control of their own emotions, behaviours and thoughts and learn precise techniques to help themselves deal with any negative or stressful issues they may face as they grow up.

NLP techniques can be beneficial for all children, but can be of particular help to those who experience anxiety or stress, children who have been bullied or suffer from low self esteem, those who

have experienced bereavement or have other emotional or behavioural issues. Students that are suffering exam nerves, have social phobias, or relationship issues. By using various methods (dependent upon the age of the child) which could include drawing, story telling and role play, sessions can be delivered in a fun, exciting and non-threatening way. The invaluable techniques children can learn during NLP sessions will be taken with them and utilised in adulthood and therefore they are acquiring lifelong skills.

Changes CAN be made, one of the key principles of NLP is “If you always do what you’ve always done, you’ll always get what you’ve always got!”

Pick up the phone today and make the change, if not for you, do it for the sake of your child!

ABOUT THE AUTHOR –MARK SHIELDS

Mark has spent the last 10 years coaching individuals and businesses all over the world. He is well known in the personal development arena, known as “the CAM COACH” based upon his best selling NLP business book of the same name. The CAM COACH programs have recently extended to include NLP Practitioner Courses dedicated to improve team and business performance for banks and financial institutions.

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