

## How can NLP help?

Neuro Linguistic Programming is founded on the idea that we all build and update our own unique model or map of the world based on our own experiences. We use this map to decide the things we can and can't do and give our experiences meaning.

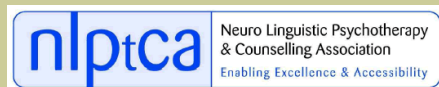
NLP is a way of exploring 'how' people think, identifying the conscious and unconscious patterns of behaviour and then initiating change by applying successful actions or beliefs in ways which work.

### Confidential

Each session of confidential support is an opportunity to have uninterrupted time to focus on yourself, your issues and what you want.

### Professional

I am a Trainer and Master Practitioner of NLP and final year student in Neuro Linguistic Psychotherapy. As a member of INLPTA and the NLPtCA I have regular supervision and abide by their code of ethics and conduct to ensure I work within my scope of practice.



## Appointments

I offer appointments in Kendal, Lancaster and also over the phone for coaching sessions where we can't meet.

The initial 30 minute session is free and includes an introduction and an overall assessment of the area(s) to be addressed. At the end of this period we jointly assess progress and agree overall goals/outcomes, and appropriate number of sessions.

## How long and how much?

Coaching or Psychotherapy is a commitment to your own inner contentment and success. The number of sessions required depends on the issues you want to address and how complex these may be. Private fees are £50 per hour.

## About Neal

I have been involved in development and training for over 16 years working with individuals and groups. While not working 1:1, I run certified courses in Coaching, NLP and work as a training consultant.



## Neal Anderson

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Coaching ❖ Psychotherapy ❖ Training Consultancy

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# Coaching & Psychotherapy



*the helping hand we seek is often  
found at the end of our own arm*

# Coaching & Psychotherapy

For me, one of the better definitions of successful 1:1 work is given by Robert Holden PhD as :

*“an opportunity to have a conversation we otherwise wouldn't be having”*

I allow you to explore some **issues of importance** to you within a supportive and developmental space. In order to assist you to make useful links and connections at times it may be respectfully challenging. I will bring **ideas, concepts, and techniques** to help you make the change you desire. It is you that will **discover the difference** that makes the difference.

## What is involved?

Simply put, coaching is a **partnership** based on helping clients reach a greater level of performance at work. Psychotherapy and counselling are ways to help clients understand and **change unhelpful patterns** of thinking or behaviour.

The approach is **future focussed**. My objective is to assist you to use your personal experience as the foundation for changes that help you achieve your goals.

## Personal Coaching

Solution focused support and practical tools to help you **get more from your work and life**.

Examples are:

- Career Change
- Procrastination
- Self-Confidence
- Time Management & Prioritisation
- Work-life Balance
- Healthy Weight and Lifestyle
- Communicating Effectively
- Stress Management
- Planning and Achieving Goals

## NLP Psychotherapy

Assisting you to resolve issues in your life, **gain insight and change** what has been holding you back. It may include:

- Depression
- Unwanted Feelings or Behaviours
- Traumatic Events
- Understanding Life Patterns
- Anxiety
- Relationship Conflict
- Fear and Phobia
- Sexual problems or issues
- Eating Disorders
- Panic Attacks
- Lack of Meaning to Life

## Business Coaching Programmes

Coaching programmes tailored to meet organisational needs and the individual needs of staff. Coaching can be on a one off "remedial" (problem) basis or may be part of an ongoing "generative" (improvement) programme carried out over a period of time. Examples can include:

- Giving ongoing **support & motivation** to a staff member after a long period of illness or leave
- Helping a "burnt out" manager **cope** with pressure and stress
- Motivating a newly promoted team leader to **feel positive** with their role
- Helping senior staff **be confident** in their boardroom presentations
- Providing **supervision and support** to coaches within your organisation

We also provide training programmes to develop coaching skills for managers.

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