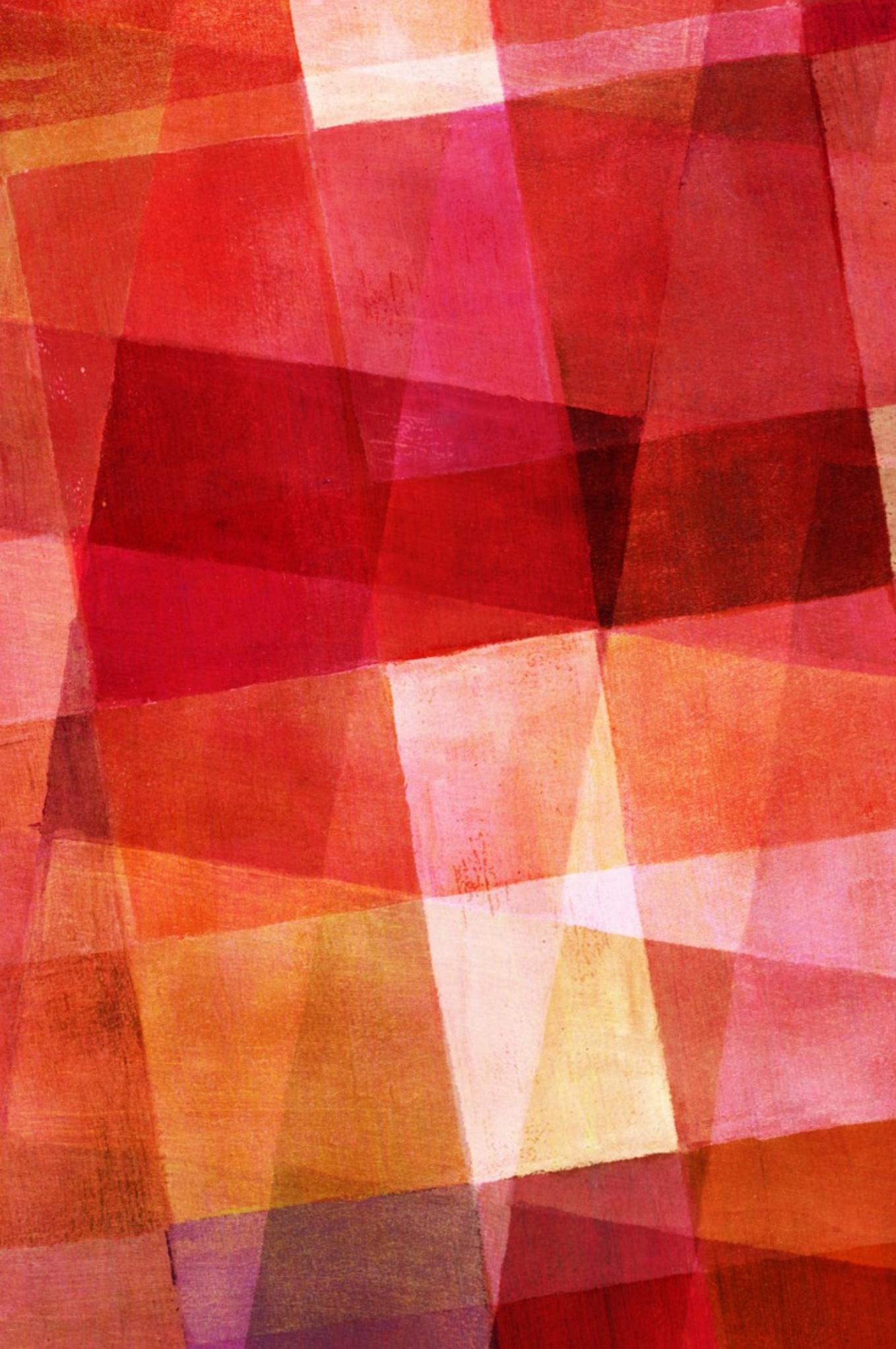


NLP BREAKTHROUGH COACHING

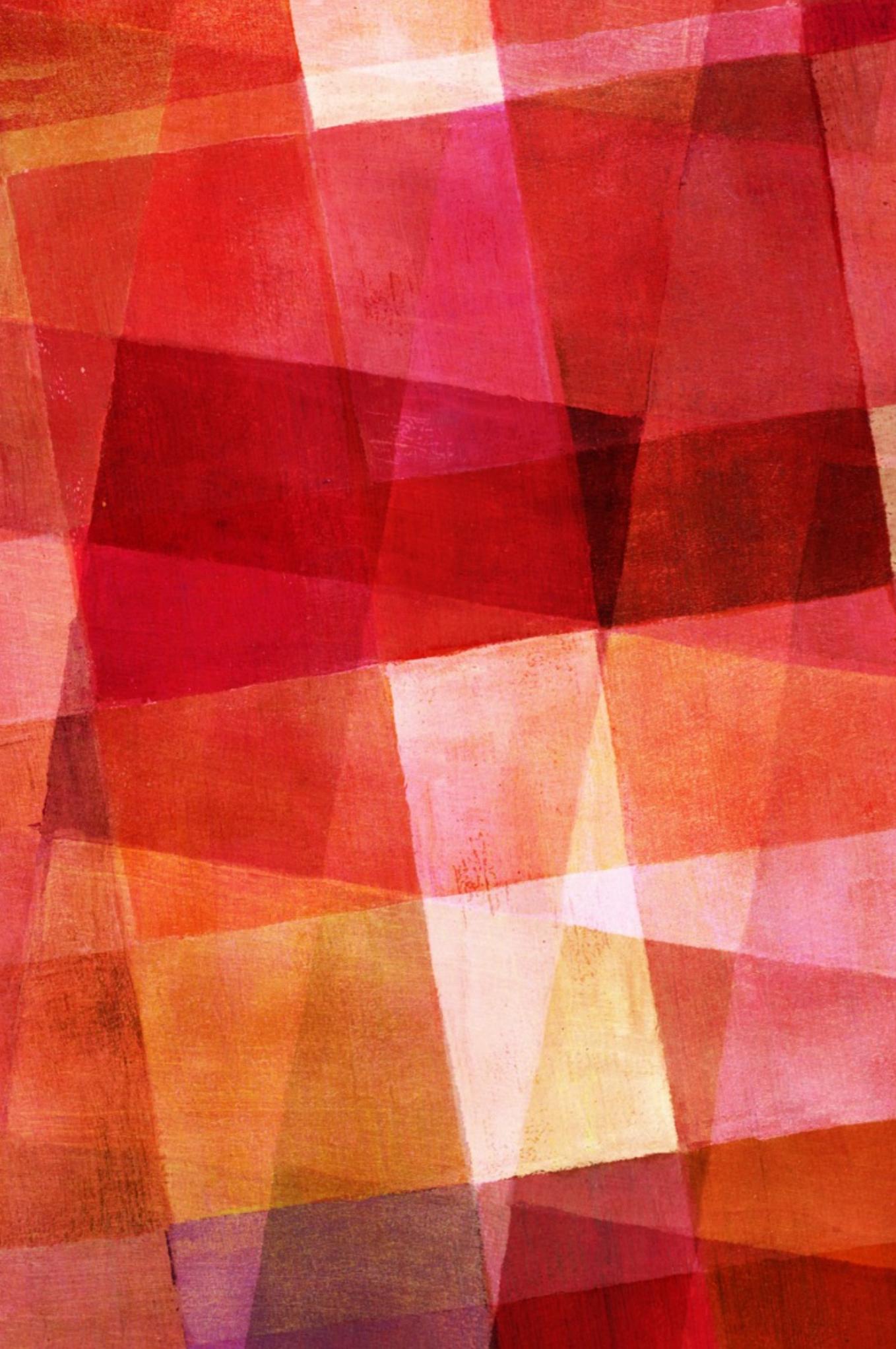
Parwinder Dale Coaching





WHAT IS NLP?

- **'NLP Is a performance psychology and a set of tools to make changes to the way that you think, feel and behave.'**
- **NLP also gives you the information you need in order to understand and influence people around you more effectively. Very quickly, people just seem easier to deal with and you feel more confident in general'.**
- **Jessica Robbins, Performance Solutions**
- **'NLP is a bit like an 'owners manual' on how to use your brain!' Pegasus NLP**

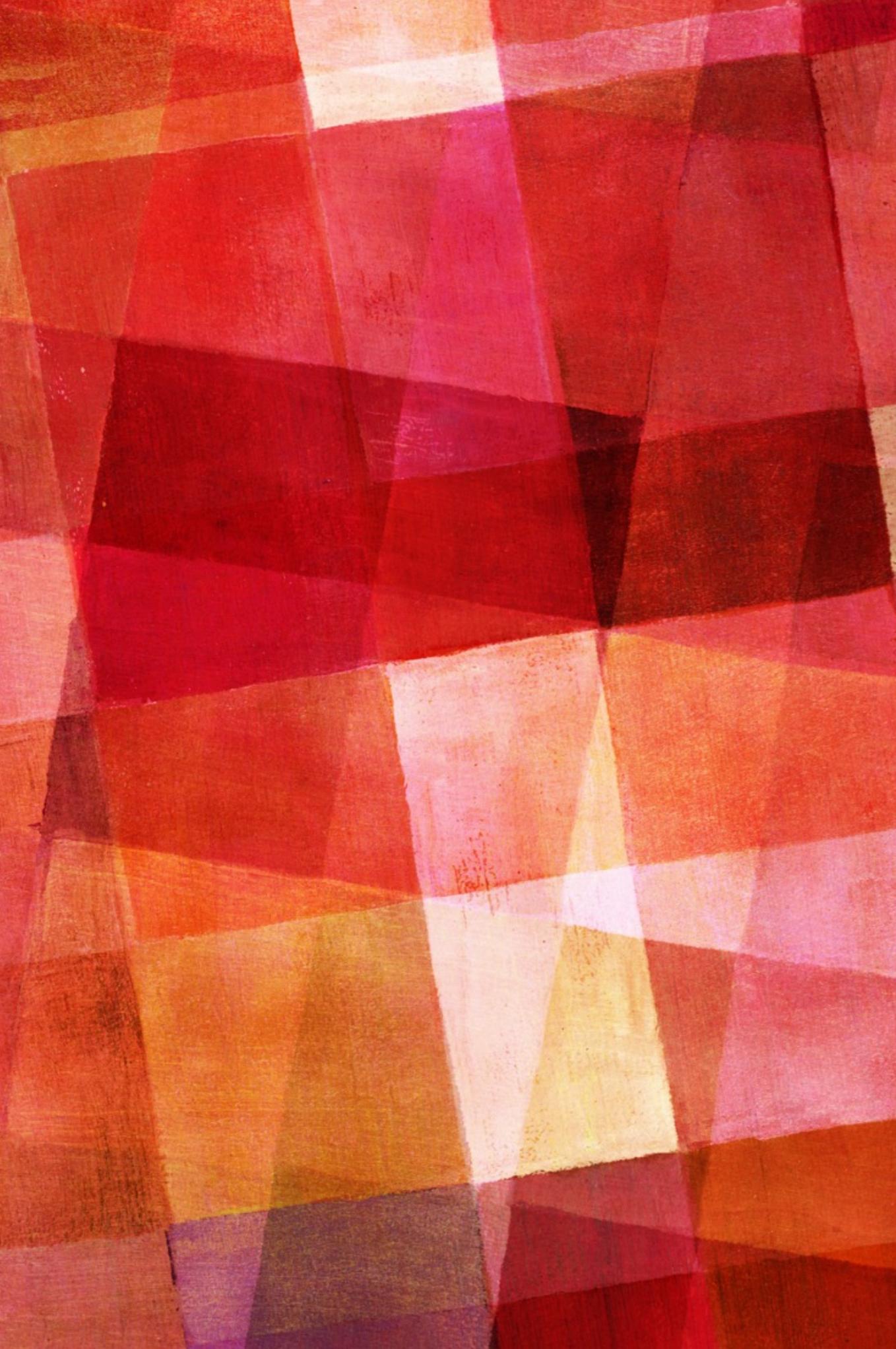


WHAT DOES NLP COACHING COVER?

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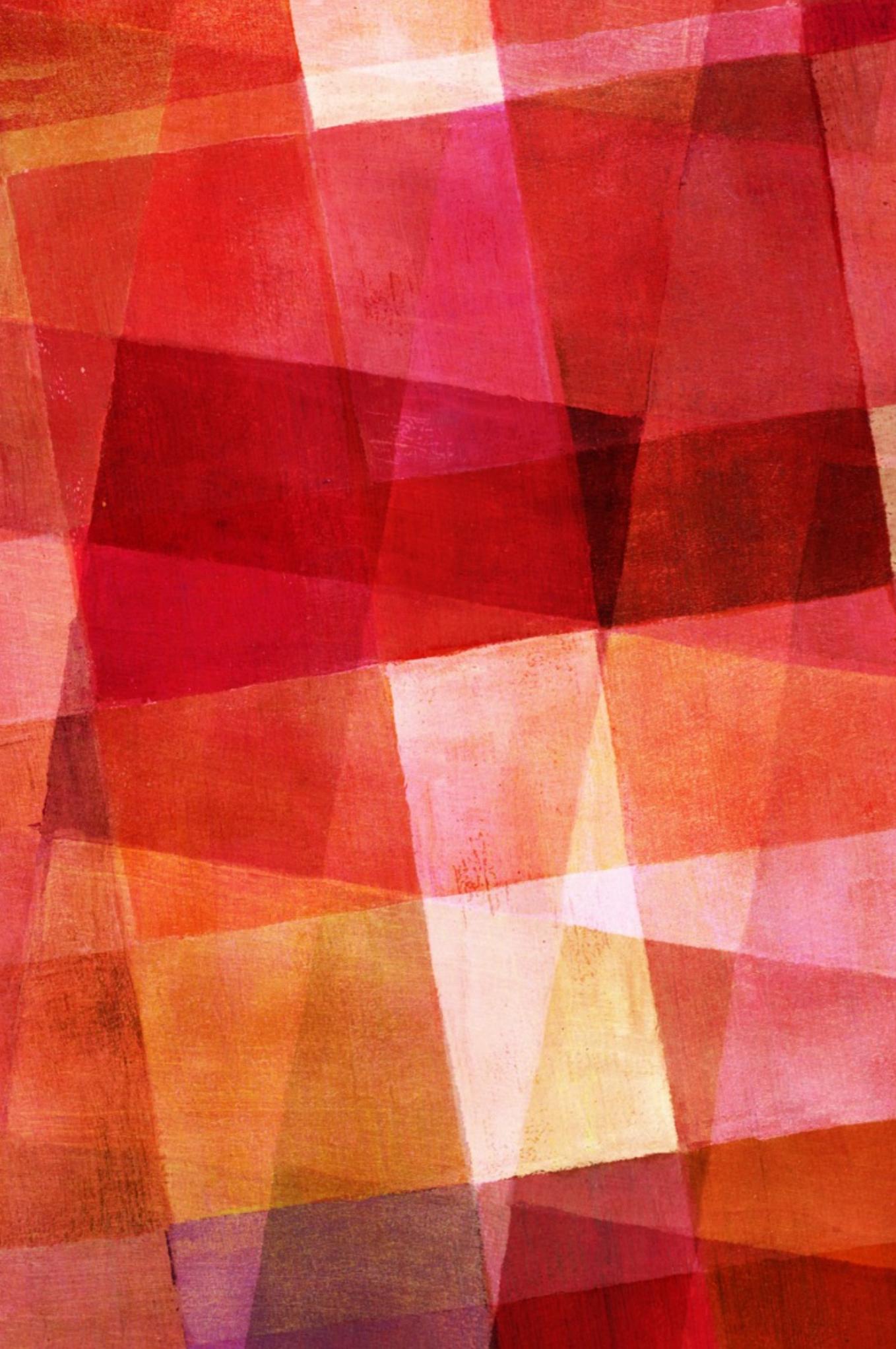
- Coaching is about change, people that ready to take action and have want to be happy or happier
- In a nutshell we can basically coach anything*.
- Some examples of the areas that I have coached:
 - Improving Confidence
 - Improving Fitness and Well Being
 - Career Paths/Choices & Business
 - Time Management
 - Letting go of the past

*Coach will assess each and every client



HOW?

- **Every coaching session is unique and tailored to the needs of each client.**
- **Here some techniques that are used during sessions:**
 - **Visualisations**
 - **Anchoring**
 - **Time line work**
 - **Modeling**
 - **Beliefs**



SOME FEEDBACK FROM CLIENTS

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'...with your help I have the life always wanted. I am now married, working and living in an another country exactly like we discussed in our session'.

Otis

'Just after one session, I have found that my attitude and behaviour have changed in relation to the issue that I have been facing. I have found your coaching style to be very comforting and non-judgemental and I felt free to really say out loud what, most of the time, I hold back on saying.'

Sharan

'...For everyone - this is a must do! Its an investment in yourself and the dividends are amazing!' - Pamit

"Parwinder asked me some difficult questions, this made me really consider my answers and helped me decide which areas I needed to work on'. - Claire



About Me

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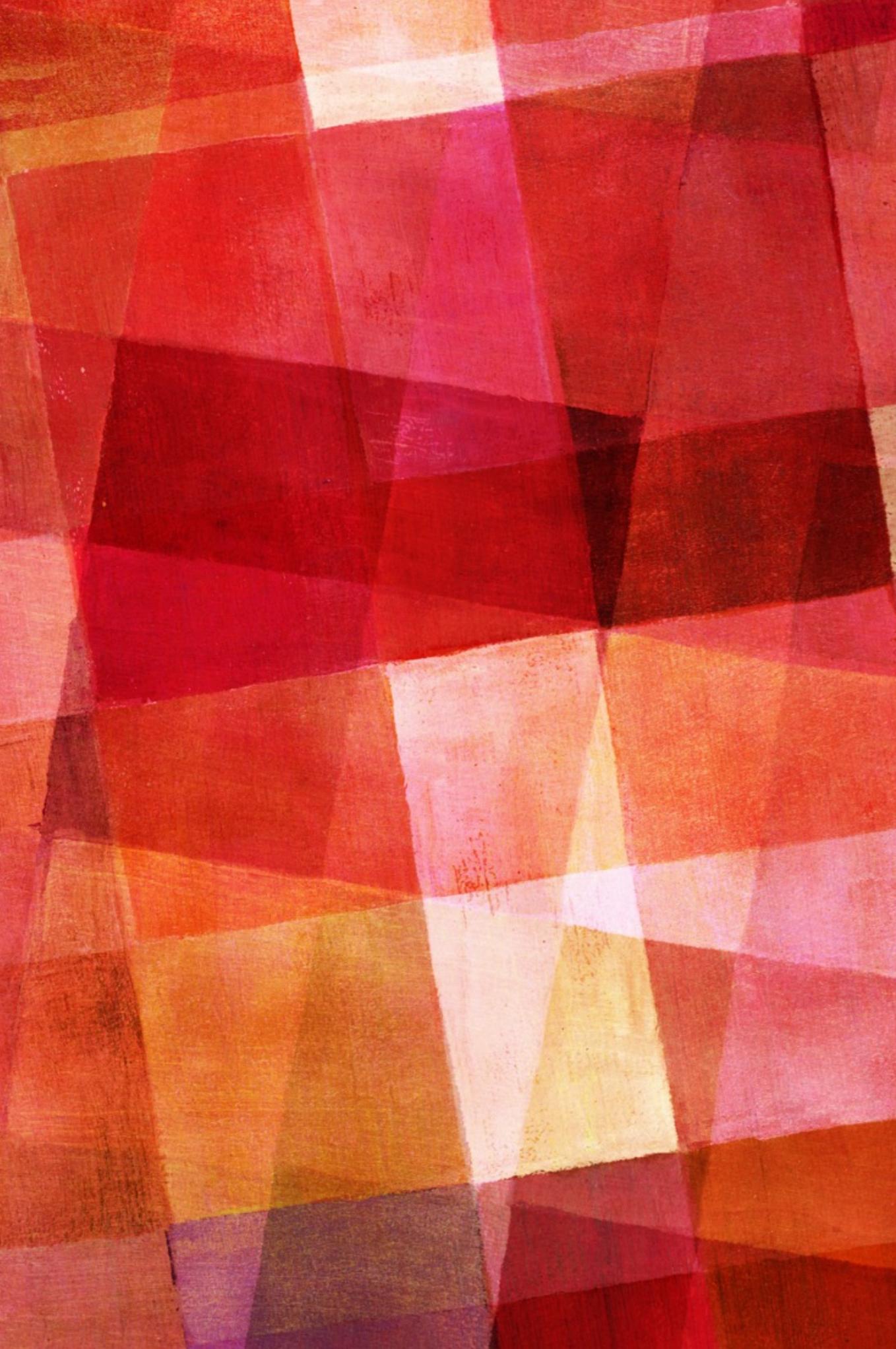
Parwinder is a Breakthrough Coach and uses NLP to transform people's lives by helping them unlock their dreams and make them happen.

After working in the Public Sector for 12 years, Parwinder made her own dream come true by setting up her own coaching business.

Through using NLP, she has removed and challenged limiting beliefs that had previously stopped her from living the life she wanted. As a result, her confidence has soared, and her health and fitness has vastly improved.

One of Parwinder's key values that she lends to every area of her work and life is: being happy in whatever you do in life and being happy with yourself.

Parwinder is a warm, friendly, compassionate and approachable coach who will encourage, support and guide you to achieve your dreams and goals.



CONTACT DETAILS

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