

How does Hypnosis Based Coaching work?

You and I meet. Just as in traditional coaching, we agree on a course of action and time period for the coaching contract. We can adjust the coaching schedule to your needs and budget. I suggest a series of steps for you to complete toward achievement of your goals. We agree on "by when" dates for the various steps. We meet by e-mail, phone and in person and keep you in action.

From time to time, our live sessions will include hypnotism designed to work through specific areas of "stuckness". Typically, this will be a fear problem or an unproductive habit that has resisted conscious attempts to correct.

You will also be given the chance to learn self-hypnosis beginning with the first session. Self-hypnosis will allow you to take over the job of "re-programming" yourself beginning with our first day of coaching. It is a tool for focusing and self-mastery that can last a lifetime.

Generalized and Specific Improvements from Hypnosis Based Coaching

Most people seek coaching for one major issue. This may be weight control, exercise motivation, career issues, personal relations, or any of the limitless range of human needs, wants, hopes and concerns. Our coaching relationship will focus on this main issue.

However, limiting your program to one area would be a waste of the enormous power of hypnosis and self-hypnosis. As Emile Coue demonstrated with his famous phrase, "Everyday in everyway I am getting better and better," the mind can be effectively programmed toward improved health, productivity and happiness even without the increased impact of hypnosis. Each hypnotic session we conduct will include re-programming for improvements in every aspect of life and emphasizing your secondary issues and goals.

The result of this overall re-programming can be far more than an added, secondary benefit. It can be a life-altering experience.

Hypnosis Based Personal Coaching

What is a personal and business coach?

A coach is a partner whose services you retain to assist you in achieving your goals. He or she helps you organize your projects and holds you accountable for actually moving forward to their completion. While coaching styles differ considerably all coaches work within the gap between where you are and where you want to be.

Coaching is not psychotherapy. It is a special kind of support directed to helping you achieve specific goals. These can be short-term or long-term or a combination. Coaching can even help you to set and or refine your goals.

One of the essential characteristics of a good coach is that he or she is as committed to your goals as you are. That's because one of a coach's most important roles is to remember your goals even if you occasionally lose track of them...in fact, especially when you lose track of them.

Can you benefit from my services as a personal coach?

There is no such thing as a 'typical' coaching client, but many new coaching clients will already be grappling with how to complete some of the following statements, and they will be looking for a collaborator who can help them carry their explorations even further; do some of these apply to you?

- What matters most to me in life is...
- The kind of job I'd really love to be doing, if I didn't have to worry about money, is...
- The best thing about my life right now is...
- If I were to die tomorrow, I'd like to be remembered for...
- If I knew I were going to die in X months time, I'd stop what I'm doing and do...

- A year from now, I'd like to be...
- The thing I struggle with most right now is...
- The part of me I trust most is...
- I'd really like to work on improving...
- The philosophical problem that really stumps me is...

By helping you to clarify questions like these -- and many others which you will identify personally -- coaching helps you to seize responsibility for living the kind of life you want to live. When you discover what you really want -- not what you think you're *supposed* to want, but what you *really* want -- you take the first step toward crafting your life around the 'real you'. When you discover what you would like to be remembered for when you die, you take the first step toward ensuring that the life you live is exactly the one you'll want to be remembered for, rather than some distant cousin of that life. When you discover what parts of yourself you trust most or like the least, you take the first step toward bringing your ideal picture of yourself and the reality of yourself into convergence.

Balancing Freedom and Responsibility

Coaching also takes seriously the constraints and responsibilities of life: responsibilities to family and friends, responsibilities to behave in accordance with your ethical standards, and other responsibilities to self and others...as well as constraints like the finiteness of financial resources, the physical limits of the body and the processes of aging. But coaching works toward accepting responsibilities and constraints as influences which naturally balance in-built freedoms. The character of this natural balance is different for every person, but the most important point is that responsibilities and other constraints needn't impair the essential quality of freedom waiting to be expressed. We begin with the outlandish, the extraordinary, even the practically impossible, and then taper back to work within the boundaries of responsibility -- not the other way around (beginning with responsibilities and then wondering how to express freedom).

Coaching for Turning Potential Into Reality

- I do not belittle you or criticize you for your shortcomings.
- I do not lecture you or tell you what you should do.

Above all, a good coach does not treat you as anything other than what I believe every client to be: a fully capable human being, possessed of your own good judgment and talents and ready to make the most of life.

Will You Give Me Advice?

I believe it is generally more helpful to assist clients in forming, clarifying, challenging, developing and refining *their own advice* than to promote and expand upon my personal views. No one knows better what it is like to be you than you. Having said that, I will engage actively and energetically with you, drawing upon whatever of my experience, thoughts or feelings may be appropriate; when I experience a strong reaction, I will share it with you. I certainly will not refuse direct requests for me to apply my own skills to your problems or goals, but when I do so it will always be in a collaborative fashion.

Will Our Discussions Be Confidential?

In general, our discussions will be kept entirely confidential. There are only two exceptions to this. First, I may discuss non-personal details of my work with you when making use of professional consultative or supervisory support; however, any consultant would be bound by the same pledge of confidentiality I make to you, and they would not be informed of any information, which would identify you personally (such as your name or contact details). Second, if I become aware through my work with you of a serious crime having been committed or of an intent on your part to cause serious harm to yourself or others, I may need to divulge this information to a third party; in virtually all circumstances, however, I would discuss this with you before taking any action.

Why combine hypnosis and coaching?

Traditional coaching addresses action and the *conscious mind*. Hypnosis works within the unconscious mind and addresses both. A coach can point out a problem area in your attitude or behavior. Through the use of hypnosis I can help you breakthrough to success.

That is what a good coaching relationship is like. We will work together collaboratively as equal colleagues, but with a focus on *your* life, *your* aspirations and *your* personal and professional development. You can expect an environment in which to develop your understanding of yourself and your talents, to enhance your own capabilities and resources, to explore your own creativity and insight and the options available to you in life and career.

What Does a Good Coach Actually Do?

The most important factor in coaching is *you*, the client, and it is ultimately you who will take responsibility (and the credit!) for your own success. But what does a good coach actually do?

- I listen empathically and non-judgmentally, serving as a sounding board for your own encounter with yourself.
- I ask questions which may help you to clarify your own values, beliefs, goals, dreams, and personal meaning.
- I express myself openly with you, providing sensitive but honest and direct feedback.
- I collaborate with you, working alongside you as an equal, and accepting you as the best expert on your own life and business.
- I offer an external perspective informed by experience -- not because that experience gives me the right answers for your life, but because it has helped me to learn some of the right questions to ask.

Above all, a good coach demonstrates commitment to *you* and your life and career; I take your concerns seriously and work with you to help bring about whatever changes you are working towards.

What Does a Good Coach *Not* Do?

There are also plenty of things a good coach does *not* do.

- I do not exploit the coaching relationship to act out my own psychological hang-ups, demonstrate my own cleverness, or pretend to be your parent.

Coaching is about turning *your* potential into *your* reality. It is about taking stock, looking inside and looking outside, deciding what you would like to make happen -- and then realizing that it is not only OK to make that happen, it is positively exhilarating! Above all, it is about learning to trust and value and develop your own internal resources -- your judgment, your creativity, your awareness of self and others, and your capacity to generate your own philosophical meaning in life.

\What to Expect From Coaching

As either a personal/life or an executive/management coaching client, you will find an environment in which to re-discover your own unique talents and capabilities and to develop them further, to examine your life and purpose and sources of meaning, and to take positive steps to move career and life in the direction that is right for you.

- What's Our Working Relationship Like?
- What Does a Good Coach Actually *Do*?
- What Does a Good Coach *Not* Do?
- What Background Can I Expect From You?
- Will You Give Me Advice?
- Will Our Discussions Be Confidential?

What's Our Working Relationship Like?

- Imagine a relationship, which is entirely focused on *you*, on your life, on your concerns and career.
- Imagine a relationship in which you are safe to explore any thought, any feeling, any zany possibility -- without risk of being judged.
- Imagine a relationship with someone who *really listens*, because they want to understand.