A close-up portrait of Martin Roberts, an older man with white hair and blue eyes, wearing a blue and red checkered shirt under a dark suit jacket. The background is a blurred green outdoor setting.

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RAPPORT

The Magazine for
NLP Professionals

Issue 40

www.rapportmag.com

Martin Roberts PhD

An innovator in communicating NLP

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Winning Strategies for Sports and Life

By Midgie Thompson



Winning *Strategies for Sports and Life* outlines a step-by-step plan for achieving peak performances in all that you do. By combining elements of life coaching, NLP and sports psychology, this book outlines the mental skills, strategies and techniques that world-class athletes and high achievers use.

A step-by-step plan for achieving peak performances in all that you do

Imagine you are striding powerfully, confidently and easily along. Everything is flowing effortlessly and smoothly. You've swum like a fish, you've blitzed the bike and now you are on your way to running an amazing run.

As you go through your race, you might see the crowds and hear them cheering. One spectator shouts to you 'well done' or 'looking good' and you feel a surge of energy inside as you feel a bit stronger, step a bit lighter and stand a bit taller!

As the miles go by, you are focused on one thing and one thing only...crossing that finish line, with energy and a smile on your face. Yes, with energy and a smile! Because...you have a secret!

“Imagine you are striding powerfully, confidently and easily along”

You know that with a flick of a switch you can instantly have more energy, more strength and more confidence. As fast as you would have light when you turn on a light switch, you can have that energy, that strength and that confidence.

So, what is this secret?

The secret is...using your mind! Many world-class athletes will agree that doing well in sports follows the Pareto Principle of 80/20. That is, 80 per cent mental effort and 20 per cent physical!

You definitely need the technical skills and know-how to do your sport and you need to actually do the training and physical preparation. That is not all! You also need the psychological readiness that includes mental preparation skills and strategies for peak performances. *Winning Strategies* outlines these skills and strategies that can be applied to sports performances and any other performances.

Building strong foundations

Now, some of you might already use mental



Midgie Thompson

preparation skills and strategies very deliberately to improve your performances and some of you might have heard of them and use them occasionally, while others might have never even heard of mental preparation at all when it comes to sporting performances. Whatever the case, it is important to recognise that it does play a key part in your performance and you can benefit from developing and using these skills and strategies!

Mental preparation skills and strategies will help to improve your performance and help to achieve your greatest potential. These skills are like any other skill you currently use such as your technical ability to swim, to bike, to run, even how to use a computer or drive a car. You have to learn what they are and then repeatedly practice them so they become effortless, easy to implement and make a difference. They say practice makes perfect!

So, what are some of these mental preparation skills and strategies?

The strong foundations start, like any good NLPers would do, by clarifying the goals, the outcomes you want to achieve using the well-formed outcomes. Additionally, it is important to clarify your motivation for going after a particular objective. You may have heard of SMART goals (specific, measurable, achievable, realistic and timely) with goal setting in the workplace or for a personal goal, and they are equally applicable for your sporting goals. Using mental preparation skills, you take your SMART goals a step further by creating a richer and more tangible picture of what it is you want to achieve.

Your motivating factors are also important to clarify. They are the reasons you are going after the goal and the benefits it will give you. They help to give you that added incentive to do what you need to do to achieve your goal; like going out for a run on a cold, windy and wet day!

Once you have clarified your goals and your motivating factors, are you clear on when you will do all your training? Are you clear on your boundaries of how flexible you will be with other demands in your life such as work, family, friends and community? Your priorities in life and your boundaries will influence how well the training proceeds and how much impact any distractions make.

Mental preparation and event performance

Once you have those strong foundations in place, you can then go on to develop those mental skills that will help you as you lead up to your big event and for the actual event day as well.

How are your confidence levels to actually do what you're setting out to do? There are several

“ It is important to clarify your motivation for going after a particular objective ”

mental exercises that, with a flick of a switch, you can have that feeling of confidence and 'can do' attitude that anything is achievable! One exercise is called an anchor where you imagine what it would feel like to be in that confident state. By using all your senses, you experience what this confident state looks like, feels like, even what you hear and see. You then determine and set up a 'trigger' that is like your own light switch to flick on that confident state.

Focus and concentration is another mental skill that can be further developed through mental preparation training. Have you even been at the start of a race and seen a competitor that you didn't expect to see and almost felt beaten before the start; or how about being passed by someone during the race? Developing the skill of strong focus and concentration on your race and yourself can minimise any distractions and their negative effects. It is similar to racehorses wearing blinkers; it helps to maintain a tunnel-like vision on your goal and your race plan and minimises distractions.

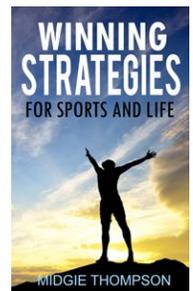
Mental rehearsal is another aspect of mental skills training. By mentally rehearsing your entire event, from start to finish, helps to 'program' your unconscious mind with whatever outcome you chose. The interesting thing is that your unconscious mind doesn't know the difference between real and imagined events. So, when you are actually at your event, your brain says 'hey, I've been here before and I know what to do!' and helps you achieve your goal.

On a final note

There are many other areas in mental skills training including overcoming any limiting beliefs, dealing with the negative internal self-talk, achieving instant relaxation, managing your energy expenditure and even developing routines and strategies for outstanding performances. By implementing even a few of the mental skills techniques can help you to be, more often, in 'the zone' both physically and psychologically.

The added bonus about learning these mental preparation skills and strategies is that you can also apply them elsewhere in your life whenever you want or need to 'perform'...be that in the workplace making a presentation, going for an interview or even when you are having a challenging discussion with someone.

So, whether you are a professional athlete or a complete novice, you can benefit from using mental preparation skills and strategies to help you achieve peak performances all the time! ■



Midgie Thompson is a coach, trainer and writer and specialises in 'Inspiring Excellence' in individuals and teams with Bright Futures Coaching. Midgie regularly writes, and is a spokesperson in the media, on mental preparation skills, peak performance, goal setting, motivation and confidence building. She also lectures at the University of Brighton Business School teaching academic and interpersonal skills as well as Creativity in Enterprise. She has recently published *Soar with Confidence*. This book explores the topic of confidence to get clear as to what it is and provides tools, techniques and strategies to help boost confidence levels. Midgie can be contacted via midgie@brightfuturescoaching.com or on Facebook: www.Facebook.com/BrightFuturesCoaching; or LinkedIn and Twitter: **Midgie Thompson**.



Congratulations

...to Elizabeth Ryan, who won a year's free membership of ANLP at her current membership level, simply for completing the website survey featured in one of our recent members newsletters. Surveys are a great way for members to feedback to us about our services, and we are always grateful to everyone who takes part – it is only through your feedback that we can get a better idea of what we are doing well, and what we can improve upon. After all, there is no failure, only feedback! ■

Remember the newsletters are one of your membership benefits, and are designed to keep you informed about NLP and ANLP developments; remind you about offers, discounts and resources which form part of your membership; and support you to make the most of your membership.

Membership reminder

If you write to us, especially if you are paying for your membership renewal, please ensure you address the envelope correctly. Our post goes to a centralised collection point in a suite of serviced offices, so if you omit our business name, ie ANLP, then the letter will be opened by someone other than ANLP personnel. Please be aware of this and do your best to protect your financial information by addressing your letters correctly to:



The NLP Conference 21st - 23rd November 2014

Remember all ANLP Members get 10 per cent discount on full price tickets for the NLP Conference...and this year there is even more reason to attend. ANLP are hosting an NLP Research Stream on Saturday 22nd November.

The NLP conference is an annual event held in London every November. It brings together some of the foremost NLP Trainers in the world to share recent innovations

and developments in the field. It is an outstanding opportunity to meet and network with like-minded people who are using NLP to make a difference to people's lives in areas as diverse as education, health, business and coaching.

Marvin Oka will be running a full day workshop on Friday 21st November on Multiple Brain Integration Techniques.

Book your place now by calling the NLP Conference organisers on 01267 211880 ■



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ANLP - The Independent Voice For NLP

10th July, 2014

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Leverage and NLP

Welcome to the ANLP Members' Newsletter.

Archimedes is quoted as saying "Give me a lever long enough and a fulcrum on which to place it, and I shall move the world." ANLP is a fulcrum around which we can, together, move the reputation for good and the impact of NLP forward in our own communities and sectors.

The lever can be created by all of us doing the small things that are within our power and capability to assist the community in its development. To use a slightly different metaphor, small cogs fit into larger cogs and larger cogs can make big changes happen. It is all about gearing and leverage.

A new Rapport is published this week (see article) and in it I write about the importance and value of working collaboratively. "I am inviting you to chunk up around the whole concept of the 'whole being greater than the sum of its parts' and start to think about NLP being the 'whole'."

One of the ways we do this is to promote and communicate research into the concepts, theories and models that underpin NLP and the tools and approaches that have developed around it. mBraining is one such area and we are inviting you to take a short survey to contribute your small piece to the research on this topic. [Read more here.](#)

mBraining will feature at the NLP Conference in November in London with Marvin Oka providing the first day keynote. There will also be our own Research Stream at the conference promoting and communicating continuing research into NLP. [Find out about the Conference and how to get a 10% ANLP discount here.](#)

Finally, one of our Accredited Trainer Members, Jeremy Lazarus, has one place available on a forthcoming Trainer Training at a concessionary rate for someone working in the charity sector or somewhere of similar social importance. [Details of the training and how to apply can be found here.](#)

ANLP is here for you, our members with many benefits. Contact details are at the bottom of this newsletter.

Kindest regards and best wishes

Karen Maxon
Managing Director

ANLP: Winners of Hertfordshire Business Awards - Small Business of the Year

PS. Remember your newsletter is just one of the benefits of ANLP Membership. To take advantage of forum discussions, marketing tips, access to ANLP publications and more, simply visit www.anlp.org

Help research into mBraining
15 minute survey to complete

Marvin Oka is presenting [mBraining](#) at the [NLP Conference](#) this year.

Grant Soosalu, the co developer of mBraining and Dr Suzanne Henwood, NLP trainer and an Associate Professor in New Zealand are currently designing and validating a questionnaire to determine brain preferences (head, heart and gut) to progress the field of mBraining.

If you would like to take part in that survey, they are looking for 300 replies to enable them to undertake the statistics to reduce the survey from 54 items, to a smaller, useable study.

The survey should take about 15 minutes and if you give your email address they will send you your own results....

[Click here to take the survey](#) or paste this link into your browser

- <https://www.surveymonkey.com/s/BrainPreferenceSurvey>

[Return to Top.](#)

Rapport - a Resource for Members
Keep up to date and share your views

The latest issue of Rapport (issue 39) is available for download ([instructions here](#)).

As well as Karen's article on Collaboration in NLP, we are pleased to have an issue packed with information, interest and inspiration.

As always articles cover a wide range of topics.

- Our NLP Person this issue is Derek Jackson, our author Dr Suzanne Henwood
- We view Education and Health through an NLP lens and also focus on Business and Leadership.



NLP4Kids lands on the high street



On 28th May 2014 NLP4Kids moved into its very own premises. Gone are the days of renting offices and here we are now, well and truly rooted and here to stay!

Amongst other exciting possibilities, the new pad is the very first hypnotherapy clinic to achieve high street presence in Hemel Hempstead and as far as we are aware, quite possibly the first time an NLP Clinic has been on the high street so loudly and proudly.

Company director Gemma Bailey said:

'I had noticed in London that these Skin Clinics were popping up all over the place. I found them annoying and interesting in equal measure! Firstly I thought "Cheeky wotsits, it's bog standard skin care products, packaged nicely at a premium price and the girls behind the counter are just shop assistance in white coats. There is only one dermatologist in there!"

'Then I started to think about the business opportunity they had created. It looks really professional, clean and it's something people want. Why should they have to go to the pharmacy counter up the back of Boots? This looks far more specialised and people want that.

'So then I thought "Could this work for what we do? Could NLP and hypnotherapy work on the high street?" Some people said no, but I thought why not? Why should we as practitioners be locked away in a Regus office on an industrial estate, or in the back bedroom of our homes? It reflects the whole attitude of mental health issues – hide it away and don't talk about it. We've accepted that people have to have good dental hygiene if they want to keep their teeth and there are dentists on every high street. Maybe one day people will be as accepting about getting their emotions and mental health as cleaned up as their teeth!

'It's been really funny watching people go past the window since the signage went up last Wednesday. They start by just giving a glance over their shoulder, then slow down as they are processing what they read. Then you see them stop dead in their tracks just as they have gone past, scratch their heads and come back again for another read! The doors have only officially been open a day and a half and we have given out 120 leaflets already. We were taking bookings from people wandering in off the street on the day of the launch party.'

And of the future Gemma says:

'I don't doubt that now we have pioneered this idea that others will start doing it too, but I really believe in the techniques that we use so I think that anyone who wants to follow our lead is welcome to do so. If it works here, we'll roll it out throughout the rest of the country in the same way as we have the NLP4Kids licence model.'

But will it become significant in the minds of the public or will it just blend into the high street and get forgotten about? Gemma doesn't seem to think so.

'I had my last day in school this term and one of the children said "Miss Bailey, I was in the town and someone has put the picture from your t-shirt (the NLP4Kids logo) on a shop window!" That was just two days after the signage went up. We've always been really big on the branding and it's served us well from a business perspective. I think that having our very own base offers a reassurance to our clients and practitioners that something very credible is happening for our business.'

You can find out more about the NLP4Kids business model here: www.NLP4Kids.org/discovery-day. ■



Dementia

By Olive Hickmott

Since my own experience in hospital several years ago I have been fascinated by how NLP and Energetic NLP can throw light on some of the symptoms of Dementia, in all its forms. In short, there is much more logic to someone's behaviour than you can see, when you are having a daily battle to just survive.

Several years ago I was in a surgical ward, having burst my appendix and opposite me across the ward was the wonderful Irene. She was a delight to talk with, mainly about her experiences of foreign travel, until she got stressed about something going on in the environment and then everyone in the ward changed in her eyes, we 'morphed' into a set of characters out of some play, which may have related to a previous unpleasant experience in her life. Her stress levels rocketed. She taught me so much about what Dementia was like from her perspective, I am eternally grateful. Once I started being curious about what was happening, it was all very logical.

As I am talking in this article to a group of NLPers, I can point to her having a 'floating timeline'. When

we do timeline work with people we ask them to move along their timeline to various events. Irene just floated backwards and forwards along her timeline without any assistance, except for increased stress, dipping in and out of her confused memories.

I should like to introduce you to the concept of the 'filing cabinet of memories'. Assume that someone's memory is like a filing cabinet, with their most recent memories in the top drawer and their oldest ones are in the bottom drawer.

“ There is much more logic to someone's behaviour than you can see ”

People struggling with Dementia lose their memory from the most recent memories first – the contents of the top drawer of the filing cabinet – then the next one down and so on, sometimes right down to the bottom draw that contains your birth time, or even your time spent *in utero*.

Research tells us the effects of stress on our memories and patients are, often at times of high stress, out of conscious awareness, destroying



“ Irene just floated backwards and forwards along her timeline ”

memories, backwards down through the drawers and files of their filing cabinet, losing or mislaying their memories as they go, most recent ones first.

New information that arrives is simply ‘thrown on the floor’. Let me give an example:

Individuals may forget their age (new information) but for a long time remember when they were born (old information). And if you remind them how old they are that will be new information and quickly lost. They will probably ask the same question again a few minutes later; they may not even remember asking the question before, as that in itself is new information too.

The filing cabinet metaphor and the floating timeline can be extended to explain many of the symptoms that are regularly seen, and have been unpicked in our work to assist carers, for example:

- Knowing you are married but not recognising your spouse
- Changing the focus of discussion from recent events that create stress to older events the person is happy to discuss
- Recalling people and animals as if they are still alive
- Conversations that suddenly go off at a tangent
- Understanding what is behind strong beliefs, for example: ‘I can’t eat.’

Many carers or family members who look after people with Dementia have asked me to give them an insight into what is happening to the person they are caring for, so they can get a better understanding and hence create a better quality of life for everyone. In response, I have talked many people through the models and metaphors that have helped with their understanding, and which has given them some real value. Those with NLP skills are ideally suited to learn about this approach.

I write this article in deep respect for anyone who has developed Dementia, at any age, and for those who tirelessly assist them, in the hope that our work will one day contribute to the knowledge about Dementia, and may even, hopefully, prevent its occurrence. We are all going to leave this planet one day and my work, through Empowering Health, is focused on helping people to make their worldly journey with the health that they want. ■



Empowering Health (see below) has the following help available:

- Coaching to families where one of the family members has Dementia, in particular early onset Dementia.
- In-person workshop or teleseminars to groups or communities interested in this approach.
- An e-book, entitled ‘How to reduce the impact of Dementia – insights for carers. Skills for living in different time zones and dimensions’ that comes in 3 sections, each building on the one before.
- Section 1: many of the outward symptoms of Dementia are discussed and simple tips given to help your understanding of what is happening in the patient’s mind that leads to specific behaviours. With this increased understanding it is hoped that the role of the carer will be made slightly easier.
- Section 2: simple tools for the carer to look after their own health and reduce their stress. This is so important and an area that is often overlooked.
- Section 3: this section, builds on the carers’ improved understanding, allowing carers to start to share the tools with the patients, either cognitively, as a recording, in terms of energetic healing and even subconsciously whilst the patient is asleep.
- A double CD of the audio recordings of 9 one-hour talks from experts, sponsored by the International Association for Health and Learning; ranging from preventing dementia, advice on navigating the complex world of support, self care and the effects of the carer on those being cared for.

Exploring the Psycho-Spiritual Motifs of the Family Mind and the Work of Bert Hellinger

By Tim Hallbom and Kris Hallbom

Several years ago, we met with a group of 20 NLP Master Practitioners with the intention of exploring the psycho-spiritual motifs that exist in the consciousness of people and the systems in which they live. Using ideas inspired by family systems innovators Bert Hellinger and Virginia Satir, Systemic Thinking, Chaos Theory and Morphogenetic Fields, the group worked with patterns resident in family and organisational systems.

We started off by investigating why people attract certain kinds of imprint experiences. Everyone has some kind of issue in his or her life that seems to be an ongoing theme. It is common for a person to have a cluster of imprints that play a part in this ongoing theme or motif.

For example, some people have themes around the fear of being abandoned. These people will unconsciously attract experiences of abandonment in their personal and working relationships. Other people have ongoing issues around love, trust, self-esteem, patience, and so on. If you look at a person's family pattern or family history, it is common to find that this ongoing theme has existed within the family for generations.

How is it that we become attractors for these kinds of experiences? Could it be that there are motifs or patterned themes behind various imprints? To explore these questions, we delved into the family systems work of Bert Hellinger.

Hellinger typically works with a large group of people. His method is to have the client choose people from the audience to role-play the client himself. Each person acts as a surrogate for the family member he or she was chosen to portray. Hellinger then has the client place the surrogate family members in spatial relationship to the client. By creating a spatial sorting of the client's family or origin, the unconscious dysfunctional themes that exist in the family system became incredibly apparent.

It's as if the process of spatially sorting the family opens a gateway into the unconscious family mind of the client. Each one of the surrogate family members is like an antenna tapping into the larger unconscious mind of the client's family system. The surrogates are able to retrieve information they normally wouldn't have access to because they are tapping into something outside themselves.

For example, in the work that we did (inspired by Hellinger), one of the clients placed his mother, father, brother and sister directly behind him, with each family member standing the same distance away. The client reported that he had always felt compelled to do well, look good, and hold the family together. He felt a huge responsibility, as if the world were weighing down on his shoulders. The client also had a stillborn brother, who would have been his older brother. He had a deep sense of his brother being on his shoulder, although he had never realised it before. The client then realised that he was unconsciously playing out his stillborn brother's destiny!

The client also realised he shouldn't have been the one to have to hold the family together, that it should have been his brother's job. The surrogate people playing his mother and father, who were placed way behind the client, felt as though they were, 'out of touch' with the client. The people playing his brother and sister said they felt compelled to keep secrets.

After each role-player expressed his or her feelings and they were acknowledged by the client and by each other, they moved to a more resourceful spatial arrangement. The client placed his parents out in front of him with all of his siblings facing towards them. The siblings were placed in the order of their births beginning with the person role-playing the stillborn; who, by the way, felt very good to be acknowledged by the parents and the other children.

The client then told the person who was standing in for the stillborn, that he would no longer live his life for him. The client felt very much liberated after doing so. After the process, the client said that felt a deep sense of peace and connection within himself and his family.

It is our understanding that there is a strong bond connecting people in natural family systems that cannot be broken. Even if a family member disowns his or her family, or is kicked out of the system, that person is still unconsciously bonded to the family system and is part of the larger family mind. The same applies to stillborn children, or babies who were miscarried. They are still bonded to the family system.

“ We started investigating why people attract certain kinds of imprint experiences ”



When a family forgets about these unacknowledged members of the family, and doesn't include them in the system – or when a family member is disowned – then the family system will try unconsciously to balance the system and make up for the loss. It is common for many dysfunctional patterns to emerge as a result of this natural equalisation process. In the case of the client with the stillborn child on his shoulder, he made up for the loss unconsciously by trying to live out the stillborn child's destiny.

The only way a family system can be truly balanced is to consciously acknowledge the gaps that are creating the dysfunctional patterns and themes within the system, and then fill in those gaps with the appropriate information. By doing so, the system will integrate the new information and regain its balance, thus releasing the attractors for the negative imprint experiences that were unconsciously drawn in as part of the process of equalisation. In the case of the previously mentioned client, it was important for the system as a whole to reintroduce the stillborn child back into the system and then to have the client acknowledge that he would no longer live his life for him.

Interestingly, the word 'form' is a part of the word 'information.' The act of bringing new information into the family system or field heals the form within the field. This is why it is so important to re-educate the family system with the new information, because then it can begin to evolve into a new form within its field of existence that is more resourceful for all of the parts that exist within the whole. As the field learns to operate in a way that is more resourceful, the whole system will begin to attract experiences that are reflective of its higher learnings.

If the field and the system within the field are balanced and equalised, then attractors for the positive experiences will begin to spontaneously emerge and new themes and motifs will begin to form.

Because we live in a holographic universe, it is only natural that by doing this kind of work, it enables the client to create healing throughout the family field by introducing new information into its system. The client is an integral part of the larger family mind. If he can tune into that larger family mind, then he can essentially heal it. With the help of the surrogates, the client is able to tap into the field that represents his family with ease. He is then able to give new information through the help of the surrogate parts of the whole system and the family field.

During our experimentation, the members of the practitioner group quickly discovered the psycho-spiritual motifs of everyone's family mind in a profound way. Moreover, the people who role-played the client's family members in each group were able to deliver information about the client's family system with amazing accuracy.

In every case, the client reported that the attitudes and language were incredibly accurate for each of the role-played family members. It became evident that the surrogate family members who were role-playing the client's family members experienced the exact same thoughts and feeling as the real

“ There is a strong bond connecting people in natural family systems that cannot be broken ”



family members!

This leads us to a preliminary assumption that there is a family system unconscious that acts like a morphogenic field that can be tapped into with the appropriate positive intent and interpersonal skill. Family themes, story lines and motifs that had been hidden from the conscious awareness of the clients in every case were remarkably exposed.

One of the group members had chronic hip pain, and reported that his pain was gone, and he felt completely different after doing this kind of family systems work! Another one of the members was going through a painful divorce and chose to work on that. He felt unsettled with the work at first, but later felt a profound sense of clarity about his divorce – and the unconscious processes in the family system that led to his divorce. He also said it brought him a great sense of peace once these themes had been discovered and acknowledged. There was another person from the group with a health condition, who reported clarity of insight. But couldn't determine whether anything had changed. She said that time would tell.

Later, the same methods and processes were applied to business organisations. Again, this resulted in gathering important information about the ways in which the system was functional and dysfunctional.

To begin to play with these family systems ideas, you can use a method developed by Lucas Derks, an NLP trainer at the IEP Institute in Holland. You imagine yourself in relationship to all the people in the world, near and far, and then you check your submodalities of location for different peoples.

For example, notice where the people of Africa, China, the USA and your own city or town are in terms of submodalities. Then place people you love or are close to in your mind's eye. You will begin to get an idea of how you have unconsciously arranged them. Test what happens by moving different people. Do this with ecology in mind (you can always put them back). Try shifting the direction they face or your elevation in relation to them. Using submodalities like this is one of the ways the practitioner group future paced the systemic processes they were developing. ■

Reference

Lucas Derks, *Social Panoramas: Changing the Unconscious Landscape with NLP and Psychotherapy*.

Kris Hallbom and Tim Hallbom, are the co-founders of the NLP & Coaching Institute. They were the first ones to bring Bert Hellinger into the US to teach his Family Constellations approach back in 1997. Kris and Tim set up a multi-city tour for Hellinger to showcase his work throughout the US. Shortly after his first tour, several NLP Institutes and Practitioners began incorporating Hellinger's work into everything they did – which spawned a new movement in Family Constellations work throughout the US and beyond. Tim and Kris Hallbom can be reached through their website at: www.nlpca.com.

By Chance or By Choice?

By Amanda King



💡 We are in danger of developing another generation of dissatisfied, unfulfilled adults 🗨️

How many of us get paid for a job we love doing? Chances are some of us do, sadly most of us don't!

Those that don't will tend to have the daily grind of the job interspersed with short periods of enjoyment. Others will be using the job as a means to an end, a stepping stone to the green grass on the other side. Surely we get a choice about our job/career and the purpose we feel by doing it, it can't be a matter of just chance. So, is the situation more positive now?

It appears with an ever-growing financial cost of further education, parents and young adults are concerned and critical at the lack of support available within school and college. When it comes to choosing a career, advice is often very general and doesn't relate to the individuals. Teachers and tutors can often focus on the best results rather than the enjoyment and motivation that the student gets from the subject. What subjects do you suggest a pupil should choose for their A-levels when all their GCSE's are 'A' or 'A*'?

Considering that the average tuition fees for a three-year degree course could be in excess of £25,000, it is a heavy price to pay for a potential career pathway that is not right for you.

So, what's the answer? A possible solution could come from how we observe babies and children interacting in their own environment. Taking five minutes to watch a child at play, we notice that they are easily engrossed in simple activities, inspired by achieving small tasks, e.g. stacking blocks, playing with boxes. They seem energised and excited by what they like doing. It gives them pleasure and they want to do it again. Surely when we're grown up, it's okay to want a job or career that gives us similar feelings and a sense of purpose.

By pigeonholing our children's futures based on grades and market trends, we are in danger of developing another generation of dissatisfied, unfulfilled adults who crave happiness in work.

In my role as an NLP coach, I see too many clients who are unhappy and feel trapped by a job that is unfulfilling and not what they want. These are people predominantly in their forties and fifties who cite poor career advice and parental expectation as the reasons for making their career choices. They now want more in their lives, something that fits with their values and who they are as people. Many express remorse, feeling sad that it's taken half a lifetime to feel

more confident to explore different options.

So, what can we do to help our children and young people prepare for the career journey ahead? Are they familiar with the terrain and potential challenges on the chosen route? What choices are there? Are we equipping them early on in their development to make those choices? Can we do more to encourage clear thinking processes? I say we can.

NLP can shine a light on this problem and illuminate the positive options that exist.

There are a number of NLP techniques we can use to establish what motivates them, and align their personal values and learning styles with some positive career avenues. Finding out how you think can significantly boost your confidence. You become even more self-aware, have greater self-belief and the confidence to make choices about your future. By taking ownership, our young people will be able to have more of what they want and less of what they don't...by choice.

Current careers advice has to change. It needs to take into account a more in-depth knowledge of the individual's values, behaviours, motivations and exam grades. ■



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