

rapport



ISSUE SEVEN

SPRING 2007

Paula Radcliffe

Achieve your goals
with the UK's leading
marathon runner

Feng Shui and NLP

- A natural blend

Education

Classroom management
with NLP

The Secret

Is it really a secret?

THE MAGAZINE FOR PERSONAL DEVELOPMENT



rapport contents

spring 2007

Regulars

4 LETTERS

6 DEBATE
Is The Secret really a secret?

8 WHAT'S NEW
The latest news

12 NLP NEWS
What's happening in the NLP community

30 PROFESSIONAL DEVELOPMENT
Branding

40 DIARY
The next 3 month's events

43 BOOK REVIEWS
The latest books and an invitation

44 AUTHOR INTERVIEW
Octavius Black and The Mind Gym

48 REGIONAL GROUPS
NLP in Edinburgh

50 ENDNOTE
Non-consensual Coaching

Features

10 NLP
La Rue Epler reaches deeper wisdom

14 INTERNATIONAL
Rebuilding the reputation of NLP in Turkey

18 EDUCATION
Classroom management skills with NLP

20 PERSONAL DEVELOPMENT
The End of the Incompetency Attack



22 CELEBRITY
Paula Radcliffe talks about marathon goal setting

24 BUSINESS
Research indications into NLP Training

25 PROFESSIONAL
The New Look ANLP website

26 HEALTH
Strategies for year round health and fitness

26 NLP APPLICATIONS
Blending NLP with Feng Shui

34 BUSINESS
Sonia Saxton on executive coaching

38 TRAINING
The Performance Partnership

Welcome to the Spring Issue

of Rapport, the magazine for personal development. At this time of year it is so great to see new beginnings with the daffodils in bloom heralding the end to winter. However it is also a fresh start for Rapport with a new editorial team working together to bring you a magazine covering all aspects of personal development, both for our readers who are already working within this area, and also for those who may have a personal interest.

Have you seen "The Secret" or perhaps read about it? Some of us in the Rapport office have and we have our own opinions, so for this issue our Debate panel discusses whether "The Secret" is really a secret?

For many, a goal for 2007 would have been to lead a healthier lifestyle including making healthy food choices. However what happens when our emotions get in the way and that chocolate bar is calling? Read this issue's health article on how you can "Lighten Your Load with NLP".

You will find a couple of new sections within Rapport, including our International section, which this issue looks at how Ralph Watson is rebuilding the reputation of NLP in Turkey. We will also be focusing on Training Schools and Workshops on a regular basis giving you a reflection on a particular course or training school from a delegate's point of view. For this issue we feature David Shephard and the team at Performance Partnership.

Finally, here at Rapport we are always keen to hear your feedback and comments about both the magazine and its articles, and also anything you feel that is happening in the self development world that may affect our readers. So we have re-instated our Letters page which gives you the opportunity to tell us what you think.

We will let you go and enjoy the rest of the magazine now.

Until next time.....

Rapport Editorial Team

Editorial Team: Caitlin Collins, Andy Coote, Joanna Goodman, Eve Menezes Cunningham, William Little, Mandy Smith
Team@rapportmag.com, 0845 053 1162

Art Editor: Enzo Zanelli

Advertising: David Hammond
david@rapportmag.com, 0845 053 1189

Membership, subscriptions and back issues: Lala Ali Khan
Members@anlp.org, 0845 053 1162

Publisher: Karen Moxom
karen@rapportmag.com,
0845 053 1162

Company Reg No. 05390486

Phoenix Publishing Ltd
PO Box 3357, EN5 9AJ
Rapport published by Phoenix Publishing on behalf of ANLP.

Printed in the UK

Design: Square Eye Design

DISCLAIMER The views within this magazine are not necessarily those of the publisher, nor does the publisher endorse the products or services promoted in the magazine. Articles are for information only and intent is to inform. Readers should seek professional advice before adopting any suggestions or purchasing any products herein.

Is 'The Secret' really a secret?

It has the power to inspire and to create powerful opposition. Andy Coote asks if there is a real secret here, or just well-packaged but well-known principles?

The film 'The Secret' (see box) has been spreading across the internet leaving behind it a trail of believers and sceptics. Rapport takes a look at the subject through the views of four people who are actively involved with NLP as Practitioners or Trainers. Each interview began with the same question - "Is it possible to control our performance and success simply through attracting them towards us (as in 'The Secret') or is there still a need to work towards our goals using other approaches and tools as well?"

"From my spiritual training," comments Lisa Turner, "I believe in the idea that we are 100% creators of our own universe. Not just influencers but creators. This is a model that I find helps when I work with clients. It is neither

believe may never see its effects. If you act as if it is true then it will be your reality but results will come only if you take action."

Diane Corriette finds that "you can't control this process. Control is an illusion. It works best for me when I treat it as a bit of a joke, ask for something I need and then forget about it. If you ask and wait, then it never seems to arrive. It isn't something that happens in the conscious mind. The more you focus on it, the less it happens.

Michael Beale, is more pragmatic. "For me, the Law of Attraction actually works through much more boring mechanisms. Our behaviours and attitudes naturally attract things towards us. Mental rehearsal is a very good way of preparing for future events. We reduce

with self worth, money may appear in your life - for example through a lottery win - and you may be doing all the right things to get it, but unless your life force energy is sufficient to maintain it, the money will not stay and you will return to the previous level." From a spiritual perspective, Lisa believes that "Everything you experience is a projection of the unconscious mind. If you can understand why the unconscious mind is creating situations that look like problems, you can begin to make changes. NLP techniques are very good at helping the practitioner to work with the client's unconscious mind".

Michael Beale believes that our own reality is only a part of the mix. "Having great thoughts about the future is fine but they may actually be counterproductive. You may sit there waiting for the future to happen and chances may go past you as you wait. We have to be aware of other people's realities as well as our own. If we don't we may find that we are increasingly isolated. What we experience comes from outside sources, our imagination and our memory as well as our unconscious. We filter everything and it might be said that the unconscious is just another filter." He quotes John Grinder on beliefs, "It may be better not to have beliefs at all, as beliefs are filters and filters stop what's coming in from the outside world."

Some critics highlight the idea, expressed in the film, that we attract both good and bad things towards us. Christine Clacey agrees that

" I do believe that there is a strong power or energy out there that will support our every need "

true, not is it a lie. It is simply a model. I find that it can give intimate control of your life allowing you to manifest or heal anything in your life."

"The idea that you get what you focus on has a major impact here", adds Christine Clacey. "Those who believe in the Law of Attraction often find it works for them. Those who don't

our fears and uncertainty and we extend our comfort zone so that when the actual event arrives, we appear much more comfortable and our confidence achieves better results for us".

Confidence is just one element as far as Lisa Turner is concerned. Energy is another. "You can have as much money, for example, as you believe you are worth. If you have problems



we do. "The film implies that what you think about is what you are going to get more of. If you focus on scarcity, then you will get scarcity. The mind cannot hear the negative in your thoughts and interprets what you don't want as what you do".

In Lisa Turner's model of the world, disease and bad experiences may be the result of an early choice. "Some challenges are chosen before we incarnate and sometimes we may decide as we go along. We may decide to do some form of disease in order to gain some kind of learning, experience or evolution. Once the learnings have been made, it is possible to heal it up inside and the disease will disappear whereas for others, the soul's purpose may be to experience dying as a result and that is something with which to come to terms. This is, I stress, a model, but when we take full responsibility for the things that happen to us, we are much more powerful and have more resources to deal with that situation"

Does "The Secret" work? Christine Clacey believes that for some it does. "I recommend it to all of my clients. I believe it will help to focus

people more on what they want and will thus have a positive impact". Diane Corriette is less certain. "The secret is that there is no secret. You need to find what works for you. I'm not a believer that one thing works for all or that it always works for any one person. However, I do believe that there is a power or energy out there that will support our every need." For Lisa Turner, "The Secret takes too much of a conscious mind approach, but this is all about the unconscious. It oversimplifies the how and oversimplifies the effect of learnings, experience and karmic purpose".

So, is The Secret and the Law of Attraction a breakthrough or simply a commercial enterprise that repackages techniques and ideas with which we are already familiar? Can belief turn into reality? Or does it simply help by, as Christine Clacey believes, "making us focus on what we actually want and being clear about that. Most people send out mixed messages to the universe." ●

The debate now moves on to the Rapport website. Have your say at: www.anlp.org/forum

The Secret (www.theseecret.tv)

The Secret is claimed to have existed throughout the history of humankind. "It has been discovered, coveted, suppressed, hidden, lost and recovered. It has been hunted down, stolen, and bought for vast sums of money. Now for the first time in history, The Secret is being revealed to the world over two breathtaking hours".

It is based on the premise that we can attract anything we need towards us - the 'Law of Attraction'. The film claims the Secret was known to Plato, Leonardo, Galileo, Napoleon, Hugo, Beethoven, Lincoln, Edison, Einstein and Carnegie, to name but a few.

It has the power to inspire and to create powerful opposition. So, is there a real secret here, or just well-packaged but well-known principles?

The Participants

Michael Beale

NLP Trainer and Coach, PPI Business
www.ppimk.com

Christine Clacey

NLP Master Practitioner, Talent4Business
www.talent4business.com

Diane Corriette

Personal Growth Coach and Master Practitioner of NLP, Inspirational Guidance
www.inspirationalguidance.co.uk

Lisa Turner

NLP Master Practitioner, Time Line Therapy and Hypnosis, Shamanic Healer and Reiki Master, Psycademy
www.psycademy.co.uk

Reaching Deeper Wisdom Creating Rapport with your Soul



ANLP's Director Karen Moxom meets La Rue Eppler, developer of the SoulTalk® Method; Caitlin Collins reports on the encounter

I'm very fond of the beginning sequence from an old Mr Bean series: it opens with a shot of a city pavement; then a spotlight beams down, and suddenly a man is dropped onto the pavement as though from on high. He gets to his feet, gives a sort of shudder, pulls himself together, and toddles off into his next chaotic adventure. I think it's a great depiction of the human condition: it really does seem as though we arrive from who knows where, blunder about more or less blindly for a bit, and then depart for who knows where.

Humans throughout history have sought ways to go beyond the limitations of the usual Mr Bean level of bewilderment. Prayer, meditation, shamanic journeying, trance, pendulums, automatic writing, channelling, psychedelic drugs, tarot cards - all of these have been used in attempts to reach a greater wisdom which, according to one's preferred frame of reference, can be identified in terms of an outer / inner / all-pervasive source: God or Goddess, various deities, angels, spirits, ancestors,

“ Learning to listen to our intuition can help us make choices ”

ascended masters, a collective unconscious, inner wisdom, unconscious mind, buddha-nature, universal wisdom, big mind - and so on. Different people's experiences are expressed in varying ways via personal and cultural interpretations, and are also likely to have been at least partly conditioned by their own maps of the world and their own perceptual filters, but they share some sense of a greater understanding that resonates with a knowing in the heart, a sort of 'a-ha' intuitive flash of insight. It differs from the building up of intellectual, conceptual knowledge, although it can certainly follow a period of engaging in analytical contemplation; it's more like rediscovering something already known.

Connecting with a wisdom source

American personal growth coach La Rue Eppler teaches a practical, simple method for contacting such a deeper wisdom source. Building on the discovery that muscle testing, as in applied kinesiology, can amplify subtle inner messages via the body, La Rue has extended this technique to connecting with the soul (as she calls it) for guidance in what might be termed authentic living.

La Rue's path to developing her SoulTalk® Method came about following what she describes as a 'bizarre phenomenon'. She was hearing her home telephone ringing - when she wasn't at home. When she tried going inside herself and asking what was going on, a little silent inner voice said, "I've been calling, and you haven't answered." 'Realising that this message was linked to her hearing the phone ringing, she began exploring other, more convenient ways to allow the guidance of that little inner voice to manifest! In the process she noticed how when she followed the guidance, her life flowed easily, and when she didn't, life was more difficult. Subsequently taking her discoveries into her work with clients, La Rue began writing about what she was doing, and so the SoulTalk® Method evolved.

As La Rue explains, we are always receiving answers to our heartfelt questions. We need to learn how to recognise the responses we get, and to trust them. When we refine our ability to tune in to the messages, we'll hear them as whispers; but if we don't pay attention they'll have to shout - or, as in her case, telephone!

In her forthcoming book, *The Essential Whisper*, La Rue identifies six qualities of the soul's voice that distinguish it from our usual mental chatter. The six qualities - snapshots, collapsed time, urge, wondering, knowing, and inspiration - are all characterised by a sense of spaciousness, stillness, and presence, which can alert us to pay attention to what is arising from a deeper place of knowing.

The Six Distinctive Qualities of the Soul's Voice

- **Snapshots**

Moments of great significance in your life. A snapshot moment seems to be frozen in time, like a photo, and there's a click of recognition of its importance, like the click of a camera.

- **Collapsed time**

Altered perception of time - either slowed down or speeded up. In both cases there's a sense of heightened awareness within the present moment.

- **Urge**

A magnetic pull towards a desired outcome. It's like a gut feeling or hunch with a compelling strength to it, accompanied by increased energy to enable you to act on it.

- **Wondering**

A curiosity and willingness to find out the truth of something. It can seem to arise spontaneously and is characterised by openness, free of attachment to outcome.

- **Knowing**

A sense of resonance, or alignment. It's a sense of 'rightness' as a physical recognition of a certainty that goes much deeper than conditioned learning.

- **Inspiration**

An idea, or ideas, linked with high energy and creativity. It's stimulating and joyful, and you just have to go with it and act on it! It's also catching - it spreads to other people!



La Rue believes that learning to listen to our intuition can help us to make choices that are true to our path, rather than trying to distort, suppress or deny our authenticity in attempts to please others. The deeper wisdom is aligned with higher good, she says; and following its guidance is not at all the same as indulging superficial whims: hence the usefulness of the six distinctions to enable us to recognise the genuine voice of wisdom.

Receiving Your Heart's Desire

Around 50 people attended La Rue's recent SoulTalk® workshop in the UK, entitled Receiving Your Heart's Desire; among them was ANLP's Karen Moxom. Karen was especially struck by the demonstration of the power of energy-influence. In one exercise, she recounts, a student was asked to close her eyes while the other participants silently 'booed' her and gave her the thumbs-down. On muscle-testing, her outstretched arm proved to be weak. While the student continued to keep her eyes closed, the other participants began smiling at her and giving her the thumbs-up; and now the arm tested strong. Then the student was instructed to repeat to herself an empowering phrase - and by 'standing in her own power' she remained consistently strong whatever the others were directing towards her! What was also interesting, says Karen, was that the student confessed afterwards that she hadn't really believed in what she was saying to herself - but still it was effective: a great example of the efficacy of acting 'as if' it were so in order to bring about real change.

For Karen, this reaffirmation of the power of our own energy both to affect others and also to protect ourselves from others' influence was a high point, as was the later clearing of a personal blockage associated with a cluster of old limiting beliefs. By contacting deeper wisdom in this simple way, using the muscle testing to amplify the messages, profound changes and insights happened quickly and safely; as Karen says, people were able to get straight to the essence.

Getting past people's limiting beliefs is perhaps one of greatest challenges to the dissemination of work of this kind. We're conditioned to be sceptical of something that seems too good to be true, or too easy to be of value; the 'no pain, no gain' Puritan ethic still prevails quite widely! It's also necessary to find ways round, through or over beliefs and prejudices that may recoil from a particular presentation - for example, for those who have an aversion to the G word, La Rue's references to God may be off-putting (even 'soul' might be too much for some).

The next stage

I find it hugely exciting to see NLP enthusiasts beginning to open up to the next stage - the spiritual or transcendent - as exemplified in La Rue's work. There are pioneers already out in the field, for instance Robert Dilts; also the Andreas sisters, with their Core Transformation process; and Brandon Bays. Some interesting links are emerging, for example Zen Master Genpo Merzel's Big Mind process, a sort of 'short-cut to satori' using parts-work to go beyond the limited ego-mind; also my own experiments in Natural Mind Magic, linking NLP with the wild and wonderfully creative practices of Tibetan Vajrayana Buddhism. The Spiral Dynamics developmental model, with the 'second-tier thinking' of its 'being' levels, is gaining wider recognition within the coaching / personal development world. There'll always be room for more - after all, it's a boundless space! And there are numberless beings - or indeed Mr Beans - who could benefit from this level of work. It's a tremendous opportunity to contribute profoundly to the world. ●

La Rue will be in Sussex at Evolution Training from April 18th-30th running a series of workshops and training courses, 'Receiving Your Heart's Desire' takes place again on April 18th and 19th. Further details can be found at www.evolutiontraining.co.uk

La Rue's book, 'The Essential Whisper' is due out this summer, details can be found on her website www.directaccess2u.com

Self-Care and Wellbeing for Effective Leadership

A unique and inspiring Trainer Training
for you and your community

1-3 June 2007 with special guests Dr Patricia Novick and Judith DeLozier

Accomplishing change in this world requires leadership, and this train-the-trainer workshop teaches the key skills of effective leadership. It also goes beyond leadership skills to address a crucial, but often overlooked, leadership issue. We have found that leaders' passion for change often can be so forceful that it may lead them to neglect two critical, related factors: their own wellness and the health and wellness of those with whom they partner to bring about change.

Thus the workshop also addresses fundamental skills of self-care for leaders, to help leaders remain strong and resilient and avoid burnout or other factors that might diminish their effectiveness. It also shows how leaders can create a healthier overall organizational environment, so others may more successfully sustain their own energy and capacities.

Briefly described, the self-care aspect of the training has the following characteristics:

- The participants learn how to practice and teach specific, straightforward practices that have been proven to improve physical health and combat stress;

- The self-care practices relate to breathing, movement, water, relationships, touch, conscious eating, and other essential subject areas;
- The practices do not require "special effort," such as going to a gym or taking time out from one's schedule; they can be integrated into daily activities;
- The grounding of each practice is deepened and anchored through the use of music, song, poetry, and interfaith prayer, and over 200 images also reinforce the content
- The participants learn how self-care skills to build a healthier working environment.

An attractive workbook reinforces the training content, and mutual support among the participants is built into the training so that they come to know each other better and create a "community of wellness" which sustains their commitment.

The unique overall outcomes of combining leadership skills with self-care skills are as follows:

- Leaders are enabled to bring more of themselves to their commitments and to sustain their change activities over longer periods of time;

- They learn how to help others do the same; and
- They thereby create an enlarged space for meeting not just the abstract issue-related interests of those they would enlist in change, but also for meeting others' most fundamental personal needs and interests.

With Special Guests:

Dr. Patricia Katherine Novick holds a Ph.D. in clinical psychology and two degrees in Divinity. She has taught self-care to over one thousand people, in various settings. She created and administered the first program in the U.S. to provide degree-granting education and training in holistic healthcare concepts and practices. She holds certifications or advanced training in more than ten specific healing disciplines, including breathwork, healing touch, hypnotherapy, biofeedback, and Feldenkrais Method. As a Senior Fellow at Harvard Divinity School in 2003-2004, she led the creation of an exhibit, "Art and Healing," which has been presented in locations throughout

the U.S. The exhibit displays over 100 art items related to healing from 11 different faith traditions.

Judith DeLozier is an original co-developer of the field in NLP and has made fundamental contributions to the development of many core NLP models and processes.

In her 30 years of training and working with NLP all over the world she has particularly championed ideas that relate to culture, community, personal congruence, trans-cultural skills and more systemic and relational approaches.

Judith's background is originally in anthropology and religious studies and her love of dance (ballet and Congolese) has led her to promote movement and the body as a primary tool in NLP - leading to the creation with Robert Dilts of Somatic Syntax. She is the co-author of *Turtles All the Way Down* (with John Grinder) and the *Encyclopedia of NLP* (with Robert Dilts.) ●

Central School of Speech and Drama in association with PPD Learning Ltd

Register your interest now:
health@ppdlearning.co.uk

HOW PAULA RADCLIFFE'S MARATHON GOAL SETTING COULD WORK FOR YOU AND YOUR GOALS

by William Little and Eve Menezes Cunningham



Paula Radcliffe started running seriously as a 12-year-old. It took her years to build up the muscle and stamina needed to become the women's marathon world record holder

Paula Radcliffe knows more about the importance of preparation and long term goal setting than most people.

Last year, 5000 runners pulled out of the London Marathon due to injury or not being prepared. Many dropped out in the week just before the race. As with any large goal, combining the right mental attitude with the necessary practical steps can make the difference between finishing the race or giving up before you're off the starting block.

Radcliffe says, "I think a lot of people underestimate the challenge of running a marathon and turn up under-prepared. The most important thing is to start slowly. Especially if you are a beginner and this is your first marathon. Doing too much too soon can only lead to injury and disappointment."

Think about your biggest goal. Do you dream about running a marathon? Writing a book? Building up your own business? Buying a house? Whatever your goal, it will be much more manageable when you've broken it down into smaller chunks. If you let the steps you should be taking (training, working on your business / book or saving up for a deposit) build up, you'll not make enough progress. This will soon lead to feeling overwhelmed and demotivated.

Radcliffe says, "Giving yourself regular goals to aim at is a great way to keep you motivated." For marathon runners, this might be upping your speed or mileage. For

wannabee homeowners, it might be the next £1000 saved. With a new business, it might be a certain amount of clients or customers each week. And for a writer, a minimum weekly or daily word count is easier to measure than "a book."

According to Radcliffe, "For any runner to perform at their best, it is important that they run efficiently, allowing their body to use as little energy on each step as possible, whilst maintaining the required stride length and cadence. A combination of correct running technique and using appropriate running equipment can help to reduce the chance of injury. With respect to running technique, the most important concept is to run tall and relaxed."

Think about your goal. Is there any training

motivational hurdle. Radcliffe recommends layering as a good way to offset the cold and keep comfortable: "Not just one thick layer but two or three lightweight layers. It allows perspiration to escape more readily while holding in more heat, so it will keep you warmer and drier. Running indoors can work as part of your training routine. It can be a bit dull but music can help you keep going."

Future pacing will help you identify challenges that you'll face in reaching your goal. When you think about the coming weeks and months, what are you dreading the most? How can you build in solutions as you plan your progress?

Radcliffe says, "I have been doing cross-training during my pregnancy and it also helped me recover from my foot injury last

" Giving yourself regular goals to aim at is a great way to keep you motivated "

you can do to enhance your saving, sales or writing technique? What resources do you have to help you avoid setbacks on your path to success? How can you measure your achievements and feedback to see what needs to change and what's going well?

Winter marathon training can be a

year. I also use a cross-country ski machine regularly in hard training blocks to reduce pounding on my body. It helps you maintain fitness without pounding the roads and stressing your joints. It provides a good cardiovascular workout and will build strength. Cross training is a good way of maintaining



Paula Radcliffe's top marathon training tips:

fitness levels when injured.”

How can you “cross train” as you progress along your path? What can you do when you’ve got a cold or are having to spend a lot of time travelling? If you’re building a business, as well as making those calls, you might seek inspiration by talking to successful entrepreneurs, reading books or listening to motivational CD’s as you travel to meetings? While not technically on your To Do List, these activities will all help you succeed. Think laterally.

Before running a marathon, Radcliffe suggests eating a breakfast of complex carbohydrates. She says, “Simple carbohydrates such as confectionary and sweet foods are also helpful in giving a quick boost of energy. But they will not provide a lasting benefit so should be used sparingly.”

With your goal, as well as eating a balanced and nutritious diet to keep your healthy and well, use your skills to audit your mental diet. Are you telling yourself things that inspire and motivate you or is negativity taking a hold? Are you spending precious time off with uplifting friends and family? Are you giving yourself enough downtime to recharge and renew?

Many people feel quite anti-climactic when their goal is within reach. This is where setting goals beyond the goal is helpful. In the meantime, Radcliffe reminds us, “The most important thing is to enjoy it and have fun whilst running. I sometimes still cannot believe this is a career as I also see it as a hobby.” ●

- “For beginners and regular runners, the most common cause of injury is progressing too fast, too soon. It is important to remember that most injury is avoidable. The first rule is to ease slowly into any run.”
- “Targeting a half-marathon or 10k prior to the big day is perfect. Plus it will give you essential race day experience.”
- “For good core stability to help your body stay strong and balanced when fatigued, invest in a Swiss ball. You can do lots of core strengthening on the ball and make the routine more interesting and effective so you will be more likely to do them regularly and reap the benefits.”
- Radcliffe says that the best way to avoid injuries is to have a sensible approach to training and never try to make big increases in weekly running schedules: “As a general rule don’t increase by more than 10% at a time.”
- “Running technique is also something that has to be taken into consideration. Buying a pair of running shoes that are suited to your style is one of the best pieces of advice that you can have,” she says. There is no “single best shoe - everyone has different needs.” Radcliffe recommends seeking out a specialist running shop: “Get someone to watch how you run and do a proper test. You shouldn’t compromise when you’re buying your training shoes. Proper running socks will also help - and stop you getting blisters.”

- Stretching is essential: “Walk briskly first and once your muscles are warm then stretch properly. Always jog a little to warm up before starting these stretches. You should be careful how you do stretches though and never go past a point where it starts to feel painful. I think a regular regime of jogging and stretching before and after running helps you to feel loose and relaxed whilst running and aids the body’s recovery time. Looking after your muscles is an essential part of your training. It is better to hold a stretch for a good 30 seconds. After a few weeks, you’ll be feeling the benefits.”
- “Make sure you stay well hydrated, even in cold weather. When you are wearing loads of clothes you will sweat and lose fluids, so make sure you drink water before and during each run. Also, drink plenty of liquids after training - especially after long runs. And practice drinking during longer training runs.”
- “Whilst running, pace yourself as it is important not to set off too fast at the start of a race. Learn to pace your running throughout the full distance of the run. Above all enjoy the run and always remember running is not only great exercise, but it’s your own personal time.”
- “When I’m racing I tend to count in my head. But if I’m training, or feeling stressed, I switch off. Running clears my head. It’s my thinking time. It is important to remain focused and I am a very determined person.”

Non-consensual coaching



How to avoid potential pitfalls and handle intrusive networkers gracefully by Eve Menezes Cunningham

Have you ever struggled to hide a reflexive flinch when someone tells you that they are a business coach at a networking event? A life coach and business coach myself, I finally understand why so many people are wary.

At a recent event, an executive coach kept interrupting the speaker and everyone else in the group with incessant “insights” and “challenges”. After an exhausting few hours, I realised that he’d been trying to impress everyone with his dynamic approach. Instead, he had alienated most of the group (including other coaches like myself).

Coaching is mainly about listening and asking the right kind of questions. Clients have to be incredibly motivated to make lasting changes so this kind of ambush was not the best formed outcome.

Yet many coaches fall into this

trap (as do, to a lesser degree, therapists who want to fix everyone, accountants who think nothing of asking strangers about their earnings and so on) when polite conversation would leave a much better impression.

If you’re cringing with recognition, don’t worry. Most coaches and NLP Practitioners are motivated by a desire to help other people. It’s just a matter of making sure that your help is wanted.

Next time you talk to someone at a networking event - or even in your home - remember to listen more than you talk. As the old expression goes, we have two ears and one mouth and should use them accordingly. Be aware of any urges you have to jump in with suggestions and advice but don’t give into them unless you’re specifically asked.

Act as if the person you’re talking to is already a client. You wouldn’t boss a client around -

you’d encourage and support them in finding their own solutions. Use your highly developed listening skills to let networkers open up to you, if they want to, at their own pace.

This is far more likely to leave them with a positive impression of you. And if they decide they want coaching in the future, they’ll remember the great rapport they had with you too, as they think about how easy it was to talk to you. The last thing you want is for people to feel hassled or bullied.

And if you’re ever on the receiving end of some non-consensual coaching (and running away isn’t an option) take a deep breath and remember that whatever they’re saying about your life isn’t actually about you - they don’t know you. Treat it as you would any kind of feedback. If they say something useful that you want to take from it, great. If not, don’t waste too much energy

thinking about it - let it go. If this feels impossible, smile sweetly and simply say that you don’t need / already have a coach.

In my recent situation, although I remained outwardly polite and interested, I noticed myself becoming increasingly irritated and even defensive while the compulsive coach’s attention was focused on my (unknown to him) life. But when he focused on another networker, I realised that it was just his way. With a couple of surreptitious deep breaths, my irritation turned to amusement. I watched admiringly as the other networker kept repeating that she was perfectly happy with the way her business was working at the moment.

This reminded me that changing our response to things is a powerful choice. When I became the focus again later on, my change in attitude and remaining amusement meant that he quickly moved on to someone else. ●