

**NLP Coaching Chelmsford**  
**www.nlpcoachingchelmsford.co.uk**

**My name is Kelly Bishop. I am a qualified coach, NLP Therapist and English Teacher offering a range of coaching approaches. My passion for helping people find the best ways to achieve the best of themselves is at the forefront of every aspect of my work. I also offer a private English tutoring service using strengths based coaching attitudes to help with confidence and barriers to learning.**

**◆ Coaching ◆**

**Using positive psychology, Grow model coaching and strengths focused coaching to concentrate on both personal and professional wellbeing.**

**Coaching is used in many areas for those who want to explore their options, perform more effectively in all areas of life or work and generally get the most out of life.**

**Discovering goals and creating steps to arrive at those goals.**

**◆ NLP Therapy ◆**

**Neuro Linguistic Programming  
A powerful talking therapy to bring about change.**

**Focusing on overcoming barriers such as, unwanted behaviours, limiting beliefs or phobias and finding ways to improve confidence, communication and deal with previously difficult situations.**

**Confidence building**

**Self-discovery**

**Dealing with phobias**

**Dealing with difficult people/situations**

**Changing habits**

**◆ Thinking Partnership ◆**

**A coaching approach that focuses on you, the thinker and allows you an uninterrupted space to generate the highest quality and rich thinking.**

**Common 'thinking' topics:**

- ◆ Improving career/work environment
  - ◆ Improving relationships
  - ◆ Stop doing something
  - ◆ Understanding why you ...
- ◆ Improving confidence and communication

**Offering an introductory package:**

- ◆ 1 initial consultation (30 minutes)
- ◆ 3 Thinking sessions (45-60 minutes)

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