

Belinda Nicoll is a professional life coach and a master practitioner of neurolinguistic programming (NLP). She holds a BA degree with majors in communication, sociology, and psychology. Belinda's NLP coaching practice is the culmination of a long and devoted interest in human development, sparked by her early work as a volunteer trauma counselor. An exciting and diverse career in the advertising, entertainment, film, and TV sectors of the communication industry inspired Belinda's belief in the extraordinary power of effective communication and the magic of creative expression. It is thus wonderfully appropriate that she found her niche in NLP coaching. While her passion is working with people, Belinda finds her own inspiration in creative writing.



Belinda and her husband love traveling and share a keen interest in how different cultures operate. Their journeys and careers have taken them through large parts of Southern Africa, America, Europe, and the Middle East, and to exotic islands such as Mauritius, Phuket, and the Comores. Understanding the demands of transcultural orientation, one particular aspect of coaching that Belinda enjoys is helping expatriates cope with this challenging process.

IMAGINE what NLP life coaching can do for you!

Personal Development

- Achieve excellence in your life, career, and relationships
- Reach any goal you choose to set for yourself
- Transcend any limiting beliefs that keep you stuck
- Shift from a problem state to the state you desire

Health & Wellness

- Resolve phobias and allergies
- Manage weight
- Control pain
- Relieve stress, anxiety, depression, and grief
- Overcome unwanted habits

Prosperity

- Achieve the professional recognition you deserve
- Attract the wealth you dream of

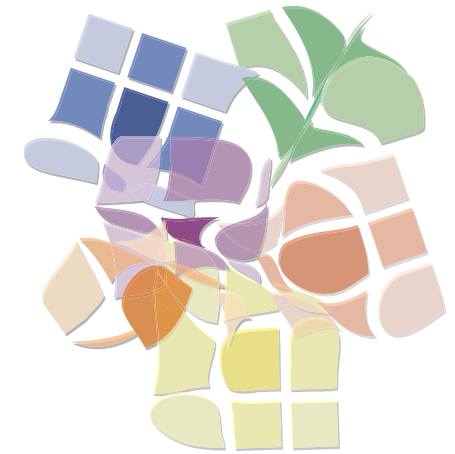
Transition

- Deal with life-stage, career, or relationship crisis
- Integrate within a particular social or cultural environment
- Resolve inner conflicts that limit your transformation



Contact me at **(518) 693-7429** to schedule a FREE consultation.

You can also visit my Web site at
www.belindanlpcoach.com
for detailed information about NLP,
coaching, and the various programs I offer.



Belinda Nicoll

NLP Master Practitioner

NLP Life Coach

**BA Communication, Psychology, Sociology
NLP (Neurolinguistic Programming)**

IMAGINE GETTING IT RIGHT!

So, what's keeping you stuck?

- Maybe you feel society is not supporting you
- Maybe you think you don't have what it takes
- Maybe you're confused about what is really important to you
- Maybe you see yourself as a failure
- Maybe you're agonizing over the meaning of life
- Maybe you're overwhelmed by your responsibilities
- Maybe you've forgotten how to excel, or how to have fun

Join me on an exciting journey of self-discovery and personal development.

As an NLP master practitioner and NLP life coach, my contribution is to help you make rapid and effective change—helping you move from where you find yourself to where you truly want to be.

Now is the right time to make positive, sustainable changes that create a more fulfilling and meaningful life. By combining the benefits of NLP with life coaching, you are empowered to successfully achieve your personal and professional goals.

What is neurolinguistic programming (NLP)?

NLP was developed as a method for transforming human behavior. It is based on an understanding of the dynamic interaction between neurology, language, and behavior. The way we experience our reality (life) is shaped by the way we absorb information through our senses (neurology), translate it into language (linguistic), and make mental patterns (programming) that influence the way we act.

NLP makes it possible to understand and describe human behavior in a detailed way. NLP provides models and techniques that help us understand and reprogram the often unconscious patterns of our internal conflicts, intentions, values, beliefs, and emotional responses. Better control over these mind processes gives us greater choice in how we communicate and behave. By adopting more effective mental frames of reference, we improve our ability to attain our goals, whether they be overcoming an emotional difficulty, recovering from ill health, or achieving excellence.

What is life coaching?

Life coaching is a dynamic new service that follows in the footsteps of sports coaching. Professional life coaches are motivational experts who offer their skills to anybody wishing to achieve specific goals or create positive change in their life. Coaching is all about helping people find inspiration and take action to reach their full potential.

The coaching philosophy assumes that people already have all the resources to go forward and manifest what they really want. The coach assists the process by creating a safe and structured environment in which the client can explore his or her habits, values, beliefs, resources, possibilities, options, and strategies. The coach raises the client's level of awareness and responsibility, guides the development and execution of an action plan, and provides the client with the necessary structure, feedback, and support to ensure progress.

What are the additional benefits of NLP coaching?

NLP adds powerful and effective skills to the coaching process that accelerate and enhance transformation. The NLP coach is capable of serving the client in exceptional ways. NLP techniques and models are particularly useful in affecting the deep structure of the client's experience—where profound change takes place—by illuminating the underlying mental frameworks that either support or inhibit personal growth.

Whereas traditional coaching follows the assumption that the client has all the resources to achieve the desired goal, adding NLP complements the coaching process by

using sensory acuity to identify the subconscious meaning in language patterns. The NLP coach is skilled at guiding the client to effectively reframe perceptions that have a negative impact on behavior. Outcome-specific NLP models often facilitate major breakthroughs by liberating the client from limiting beliefs formed through past experience, thus getting faster results than traditional coaching.

How my NLP coaching and intervention programs work.

Programs are modified and adapted to meet each client's specific needs.

NLP life coaching

This is a goal-oriented program that takes place over a medium term, usually three months. My NLP coaching program begins with a two-hour intake meeting in person or via telephone, including a basic NLP orientation. The process continues with weekly 30-minute coaching sessions, via telephone, for an agreed-upon period.

NLP interventions

These are short-term, problem-solving programs that are very useful for rapid and effective reframing of behavior patterns that tend to keep people stuck. My NLP intervention programs are always conducted in person. An intervention begins with an intake meeting, followed by a standard NLP orientation. NLP intervention programs usually require only two or three one-hour sessions, in addition to the intake and orientation meetings.

