

Connecting with your coachee on a deeper level with Janey Bell

As human beings each of us is inherently unique with our own mental filters, patterns and strategies for processing information, making decisions and behaving. By identifying these individual patterns during coaching conversations, we can build stronger relationships, enhance our coachees' self awareness and empower them to create more choice for themselves.

In this session, we will explore key metaprograms that shape how people think and behave. You'll learn how to recognise these patterns during conversations with your coachee, enabling you to connect with their thinking styles and adapt your approach to create a more effective coaching relationship. Through observation, questioning and active listening we can expand their range of thinking so they are able to achieve their goals.

In this CPD session, we will explore how we can access our coachee's thought processes at a deeper level. Drawing on approaches from Neuro-Linguistic Programming (NLP) and Humanistic Behavioural Psychology, the session will equip you with strategies to uncover your coachee's unconscious "deep structure" thinking. These powerful techniques are valuable additions to your coaching toolkit, helping you support your coachees in meaningful and transformative ways.



This session will be delivered by Janey Bell, a partner at Catalyst14. She is an experienced Executive Coach, Coach Supervisor and NLP Certified Trainer. She has been an Executive Coach for over 20 years. Her focus is on supporting clients to enhance their self-belief and confidence so they can be at their best.

Her full profile can be viewed here - <https://www.catalyst14.co.uk/janey-bell>