



Midwest NLP Monthly Muse

February 2005

Volume 12

*See the end of the newsletter
for many local upcoming
events!*

Use NLP presuppositions and
learn how to enjoy every
moment of every day!

- We experience the world through our 5 senses, it is the "how" we structure of reality.
- All behavior is communication (i.e. an organism cannot not communicate or respond).

Feature Article->

*"And just as a seed carries the
potential to propagate a forest,
the word carries the potential to*

IN THIS EDITION!

Introduction-Welcome To Issue #12!

Article: What is Relationship Coaching?

**Article: Limiting Beliefs and Gremlins:
A NLP Methodology**

More! February-March NLP Events

Must see! Upcoming local workshops & events!

Welcome to Issue #12

Whew!! January is over already, have you started living the kind of 2005 you truly want? Are you doing what you want to, with the people that mean the most to you? Or are you doing what you think you "should" be doing, based on some belief, that your not really quite sure how it got into your head to begin with? In coaching, we refer to some of these "old rules" as a gremlin that reminds us what we should do, can do, can't do, etc...

Are you ready to rid yourself of such noise?

In this and next months issues, we will address ways of dealing with those annoying voices, those should's and ought to's in the articles on limiting beliefs and gremlins.

What's new?

Many of you have heard of or know what coaching is... but what about relationship coaching? What does it mean to coach "the relationship".. and how can this benefit you? Read on in "What is relationship coaching" to find out how you can benefit from relationship coaching. Be one of the first group of partners to call or write and enjoy a complimentary relationship coaching session for you and your partner, friend or loved one!

Introduction to NLP is Back!

That's right, you've wanted another introduction, to find out more about how you can use NLP in your life, how you can get more of what you want, how you can point your intentions in meaningful ways and communicate with grace and ease! See the upcoming events section for this and other great events in the Chicagoland area!

Jim Accetta 😊

What Is Relationship Coaching?

take root in your mind and spontaneously generate thought forms of a similar vibration. Eventually, your personal dream will reflect the type of seeds that have rooted in your mind.”

-Don Miguel Ruiz

Article->

"Choose a job you love, and you will never have to work a day in your life."

-Confucius

Relationship coaching is a field that likely started when the first shaman or priest talked with the first "couple" or partnership concerning their relationship, how they relate to each other and who they want to be! In more recent times, the field of "family therapy" has blossomed with the onset of such areas as systems theory, interactional theory, NLP and more. Recently, the field of coaching has adapted (as we do) and adopted a "stance" on coaching relationships, below is a brief outline of what you can expect from "relationship coaching".

Relationship coaching is the art and science of co-actively working with individuals, couples, partnerships and teams toward mutually defined goals. Relationship issues affect people everyday...such issues might include communicating thoughts and feelings clearly; the ability to relate well at work; creating and maintaining intimacy; conflict within a relationship or amongst team members, changes in current relationships (promotions, lay-offs, birth of children, the shift from parenting children to teens, teens leaving the home, etc...).

Relationship coaching is the daily practice of creating conscious and intentional relationships with all aspects of oneself, all aspects of others and the larger world. Relationship coaching derives many of its beliefs and principles from the areas of Co-Active Coaching™, Systems Theory, Process Work, Taoists and Buddhist teachings, empirical research (John Gottman) and interest based bargaining.

In relationship coaching, the coach joins the system to reveal the true nature of the system to its members, in order for the members to become response "able" to better perform the tasks of support, regulation and nurturing. As the coach joins the system, the relationship becomes "the client" as the third entity and work is performed to discover in the process of unfolding what is and what is trying to occur in the system.

Some of this may sound foreign to some of you, let me end by saying relationship coaching is for those people in relationships who want to communicate more effectively, resolve issues with less frustration and turmoil, increase intimacy, increase satisfaction or to simply make a good relationship a GREAT relationship!

Interested? Curious? Want to learn more? I will be presenting at 3 locations in February regarding relationships. See my schedule at <http://www.midwestnlp.com/speaking.php> for more details. You can also call at 847-749-0759 for to schedule a complimentary relationship coaching session!

Next month: The Four Horsemen of the Apocalypse-Sure fire ways to ruin a relationship and how to avoid them!

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Limiting Beliefs & Gremlins: An NLP Methodology

Available now!



Upcoming local events:

Getting What You Want: The Art of Living On Purpose- Open Discussion Call: Call and participate or just listen in! The 1st Wednesday of each month, 7-8pm. Call 847-749-0759 or write jim@trulyhumancoaching.com for more info.

Larry Garrett Hypnosis open forum discussion, Sunday 2/6: 1pm. Chicago 3020 N. Kimball Ave.

Toastmasters Coaches Elite: (always the 2nd Wednesday of the month) Wednesday 2/9: 7pm Hinsdale- Wild Oats Market
Come as a guest and hear the speech contests!

Limiting Beliefs: A NLP way to deal with those Gremlins

Gremlins, in coaching terms are those nasty irritating voices that remind so many of us what we can or can't do, how we failed, or how we are going to fail, how people may not like us, etc... "The Gremlin" is really a concept developed by Richard Carson that embodies *a group of thought processes and feelings that maintain the status quo in peoples lives* (sound familiar yet?). In coaching, we have many ways to deal with these gremlins: identification of the gremlin, identifying our options, choosing a direction, etc... The next time you hear a gremlin, use this method and the write me to let me know how it works:

- Identify the voice...what it is saying and answer the following questions:
 - Is it your voice or someone else's?
 - Where is the location of the voice? (left side, right side, in the middle, etc...)
 - What is the tone and tempo of the voice?
- Now that you have identified these things, you can begin to change each and as you do notice how it begins to shift the feelings you have in relation to the voice:
 - Start with location: shift it by moving the voice outside your head then 4 inches away... then 6 inches away... then 12 inches away...
 - Once you have the voice some distance, move it from one side to the other, notice any shifts
 - Change the voice! You can change it to a Mickey Mouse or Donald duck voice, to a cowardly lion voice, or one of my favorites a seductive, sensual sexy voice....
 - In each case change the tone and tempo, using the same words it was using.

Now that you have changed the location, the voice, the tone and tempo... take a short break, shake it off and now, try to listen to the voice again and notice how you now feel differently, or now that you have changed some things inside yourself, how the voice that used to effect you one way now, as much as you try in vain, how things have shifted!

Remember; let me know how you enjoyed this! Write at jim@trulyhumancoaching.com

Next month: 5 more ways to deal with your gremlins!

Upcoming NLP Trainings

Call 847-749-0759 for early registration discounts!

Building Lasting Relationships

Wednesday, February 19th 7pm-9pm
Holiday Inn 3405 Algonquin Rd. Rolling Meadows, IL. 60008

Building Lasting Relationships: Rapport is the beginning to lasting relationships; trust is the cement that builds relationships that last

Windy City Professional
Speakers -Toastmasters,
Sunday 2/13: 6pm Hyatt
Regency Oak Brook, 1909
Spring Road, Oak Brook, IL
Come on in and join us!

Coachville Study Group:
Tuesday, 2/15: 7-9pm. Buffalo
Grove. Contact:
sandee@sandeeabern.com

Chicago Coaching Alliance
Monthly Meeting: Saturday
2/19: 9:30am-12pm Hinsdale-
Wild Oats Market

Learn about how to communicate your genuine intent, to be aligned with what is in the best interest of your clients and to build trust simultaneously on multiple levels! Also gain perspectives on how to literally step into your clients shoes and use their perspective to gain their trust

**Purchase
Now!**

What Is NLP? *Free Introduction*

Monday, February 28th 2005 7-9pm
Holiday Inn 3405 Algonquin Rd. Rolling Meadows, IL. 60008

For more than 25 years, expert communicators have used NLP in sales, therapy, hypnosis; marketing...the list goes on and on. These models of communication excellence are now available to you!

Whether you are in business...in sales... seeking a job...or interviewing job seekers; parents, teachers, children, business professionals and more benefit from using NLP and so can you. Call 847-749-0759 or write jim@midwestnlp.com to attend.

BRING A FRIEND!

Communication Excellence

Saturday-Sunday March 26th-27th 10am-6pm
Holiday Inn 3405 Algonquin Rd. Rolling Meadows, IL. 60008

Have you ever noticed people that were so influential and persuasive? In any situation? No matter what? Where these people born gifted? Did they learn these secrets from some guru? The answer is, most of them do not even realize how they do what they do, but now you can learn these patterns yourself! ***ANYONE CAN LEARN TO BE MORE INFLUENTIAL*** It all has to do with how we use our own brain—how we connect our language, its how we use our verbal and non-verbal behavior, and how you can increase your influence! ****GAIN THEIR INTEREST, ENTHUSIASM AND DESIRE**** Ever wonder how you can create a sense of wonder and curiosity...a strong desire to learn and listen even closer to what you are teaching or saying? **LEARN NOW** what thousands of others have learned. Gain for yourself the insight that allows you to create the results you want, in almost any situation Contact Jim at jim@midwestnlp.com or call 847-749-0759 to sign up **NOW!!**

**Purchase
Now!**

Upcoming Local Events

Living in Fulfillment: Claiming the Life You Truly Want!

10:30am- 6:00pm \$79.00

Healing Earth Resources

3111 North Ashland Ave, Chicago

What excites you? What nourishes you? ***What stirs you?*** What gets your juices flowing? Many people exist and never ask such questions. **Living in fulfillment is a radical act!** *Join us* in an interactive journey exploring your passions; delving into the magic treasures of your deepest values, exciting that which drives you to ***explore what living in fulfillment means to you!*** In this full day workshop, we connect your values and dreams to you through experiential exercises, guided imagery and more! Get more in touch with who you are and who you want to become. **Develop specific, measurable goals** to apply to your deepest values to living the life you truly want! Write www.trulyhumancoaching.com for more info.

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Intimacy: The Stuff of Life!

Women In Careers- The Wyndham Hotel, Itasca

Monday, February 14th: 5:30 to 9:00pm

All of us are in relationships with others, every day. Are you making the most of your time with those people that mean the most to you? Learn how to connect more fully with those people that mean the most in your life.

RSVP 847-622-4496

** Bring your guest for dinner!! Entrée Chicken Parmesan**

CCF Event: You Need to Be a Little Crazy: The Truth about Having Your Own Business

4-7pm

American Academy of Orthopedic Surgeons

6300 N. River Road, Rosemont, IL

Barry Moltz, the author of *You Need to Be a Little Crazy: The Truth About Starting and Growing Your Business* will offer the real truth about starting up a new business. And that truth is: To do it, you have to be crazy. Witty and bold, passionate and authentic, Barry reveals secrets and advantages to venturing forth in your business. Visit <http://www.chicagocoaches.com/DesktopDefault.aspx?tabindex=2&tabid=108> to sign up or for more information.

Coachville Study Group

Tuesday, 2/15; 50 ½ Raup Blvd., Buffalo Grove

7:00 to 9:00pm

Please join us in February when Nels Flatebo will facilitate a brain storming

session focusing on what we as a coaching community want to use these meetings for! If you are coach or simply have an interest in coaching, please join us for this highly interactive session! Contact: sandee@sandeeabern.com for more information.