

GWiz NLP Practice Group on Zoom (April 2021)

Changing Beliefs By Melody Cheal

How do you know that Changing Beliefs is a good technique to use?

When your client first comes in listen to their speech patterns. What are they saying about their issue. Notice what they say about barriers to achieving their goals and what can support them.

What are the linguistic indicators that someone has a limiting belief? What are the linguistic indicators of an empowering belief?

Identifying the positive intention (at the conscious level) (same partners)

1. What does having this limitation allow you to do?
2. What does having this limitation allow you to avoid?
3. How is this limitation useful to you?
4. How would letting go of this limitation impact on your life?
 - a. In a positive way?
 - b. In a negative way?

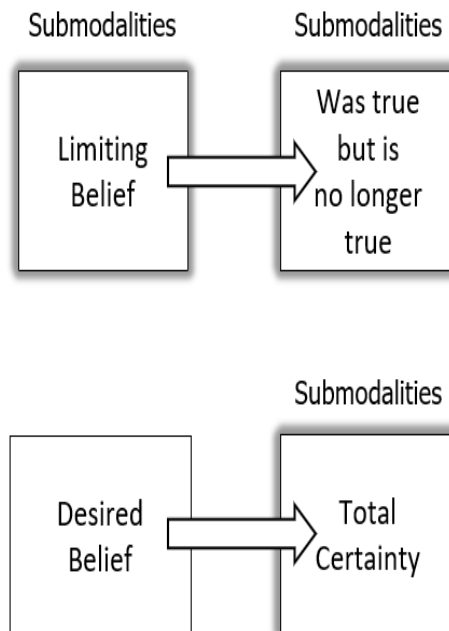
Changing Beliefs

Change beliefs is like a 'double map across' where we are swapping round a limiting belief and an empowering replacement belief.

Belief Change (Through Submodality Shifts)

- 1) Identify limiting belief.
- 2) Elicit submodalities of limiting belief.
- 3) Elicit location submodalities of "was true but is no longer true".
- 4) Shift content of limiting belief into location submodalities of "was true but is no longer true".
- 5) Identify desired belief, check ecology and well-formedness.
- 6) Elicit location submodalities of total certainty.
- 7) Shift desired belief content into location submodalities of total certainty.
- 8) Test and future pace.

Changing Beliefs (Summary)



Zoom Events at GWizNLP

Supervision Group

27 April,(2 spaces) 4 Jun 2021 (6 spaces) (1.30pm to 5pm)
We do have a reserve system so worth getting on the list.

Coaching Circle

20th April,(2 spaces) 29th May (7 spaces) (9.30am to 1pm)
We do have a reserve system so worth getting on the list.

Special Coaching Circle for Transactional Analysis

9th April, 9.30am to 1pm (pre-requisite must have attended TA workshop)

Hypnotherapy Practice Group

New dates coming soon

ANLP Accredited NLP Coaching Supervisor Certification

Starts June 2021

The Wholeness Work: A Beginning

22nd to 23rd June 2021

GHSC Certified Clinical Hypnotherapy Diploma

25th to 30th July 2021

ANLP Accredited NLP Master Practitioner

Starts September 2021

Psychological Approaches to Coaching (AC Accredited)

Foundations in Coaching

23rd to 24th September 2021

Transactional Analysis for Coaches (Zoom)

25th to 26th November 2021

iNLP Coaching Certificate (Zoom)

24th to 25th May 2021

Positive Psychology in Coaching

19th to 20th July 2021

Training with
GWizNLP
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