

FAQ

Why Coaching?

Coaching uses structured processes with accountability in a supportive, inspiring and motivating environment. Bev Carter as your coach is like having the sports coach on the sidelines that cheers you on, the silent business partner who will help do the things you procrastinate over, the honesty of a great friend and someone with belief in your true potential.

What is NLP?

NLP stands for Neuro-linguistic programming, as scary as this might sound; it is fast becoming known as the science behind personal development. It is a powerful, effective and easy way to move through belief systems, thought patterns, and blockages that could be holding you back, freeing you to move into a mind frame for success and achieve the results you really want.

How I like to define NLP?

Neuro is neurology, our conscious and unconscious mind.

Linguistics is our language – spoken and thought

Programming is the teamwork between the two parties working together to create the outcomes that you desire.

How long will it take to achieve my goals?

This is up to you! How much do you want them? What will it really mean to you? And what are you willing to action to create them? Typically a coaching series is around 3 – 6 months, yet many aspects like being a non smoker, behaviour changes etc can be done very quickly!

How will I know which type of coaching to chose?

Talk to Bev, and she can help you put together the perfect way forward for you.

Areas where Coaching can make a powerful difference

- **Sports performance**, do you want to be in a successful team made up of powerful inspiring individuals? Do you want to have the mind set of a champion and be that champion in your chosen sport or field of life?
- **Strategies for Success**, eg kicking the ball through the goal every time, be fastest off the block, managing and understanding your injuries for speedier recovery, media, talking confidently in a group of people, self belief and confidence to be a champion/leader.
- **Health and wellbeing** – kick your goals and achieve what you want, find out what's been stopping you, holding you back and learn empowering ways for success.
- **Smoking** – Be come a non-smoker in 3 sessions!!!

Bev Carter Life Performance Coaching

- **Goal setting and strategic visioning** – individuals or corporate/sports teams
- **Personal development** – Areas of confidence, self belief etc.
- **Work place** – easy and effective transition into a new team (eg. retrenchment), helping those left behind and assisting those retrenched move forward with a positive state of mind and excited about new possibilities. Do you want to be part of a successful team of inspiring individuals?
- **Corporate Visioning**, get all the team moving toward the same goal/vision
- **Relationships**. Want more fulfilling relationships? Learn new ways of communication, find old patterns, remove unhelpful beliefs and decisions that haven't worked for you in past to finding new successful ways to relate to your loved ones.
- **Life balance**, taking care of you! Then you can really care for your loved ones!

How are seminars/workshops structured?

Seminar/workshop

Small group session for around 45-60 minutes

Strategic Visioning – Using a Coaching/NLP technique that is a wonderful fun experience for everyone. Create inspiring goals and set them so that they will come to life.

Health and Wellbeing - Tips and simple ways to have success in your health/fitness goals

Energise and inspire – get excited!

Team motivation – ignite the power, energy and vision and harness everyone to powerfully focus on the same goal. Ignite the team power to win!

Corporate/team – Strategic visioning. How powerful and successful would your company be if all your employees were excitedly working towards the same vision of the company? How productive and happy, motivated and appreciated are members of your company? How would you feel if you could attract the right employees for your business?

Personal development – Find ways of being in great states when ever you need them, learn about you, have fun and find ways to **“create a life to be proud of!”**