



Effective Steps

Therapy & Workshops



RESILIENCE; HELP YOUR CHILD BOUNCE BACK FROM LIFE'S HICCUPS



HESTER BANCROFT

1st Class BSc (hons) Psychology (MBPsS)

NLP Master Practitioner

Consultant for Mind

Service provider for Bracknell Forest Council

Independent Coach and Therapist (ANLP)

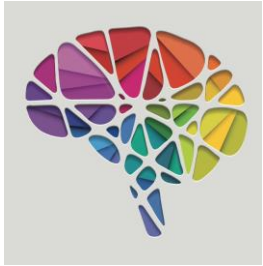
Author

Doctoral Student of Integrative Counselling Psychology

Mother of 3 and Step mum of 1







What is NLP ?

Neuro-Linguistic Programming

Focused on:

- Communication skills
- Behavioural change
- Creating self-awareness

Used in:

- Leadership
- Sales
- Management & HR
- Politics
- Coaching



Using language to change a person's internal representation of a situation or event



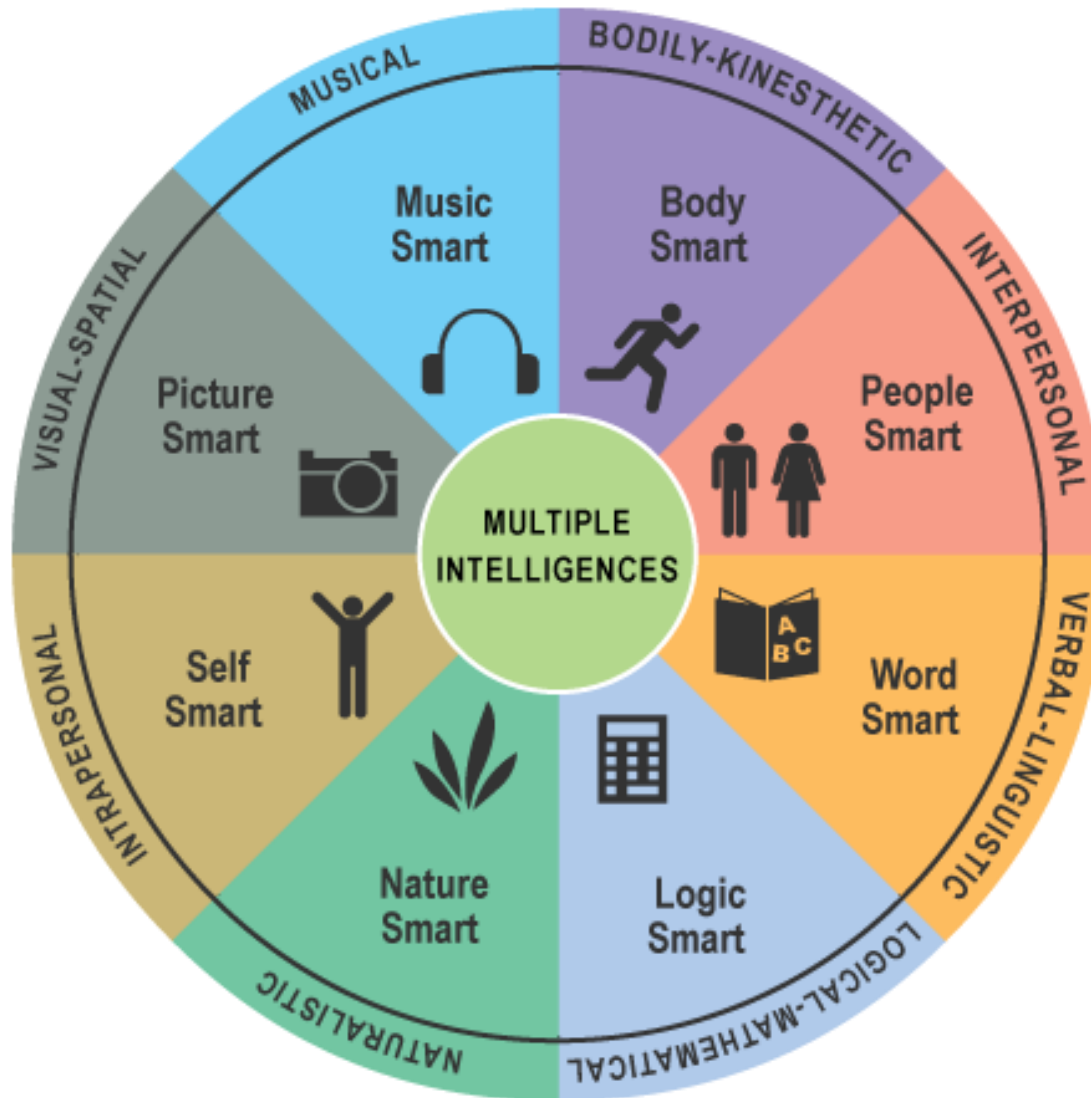


RESILIENCE; HELP YOUR CHILD BOUNCE BACK FROM LIFE'S HICCUPS





GARDNER'S 8 TYPES OF INTELLIGENCE





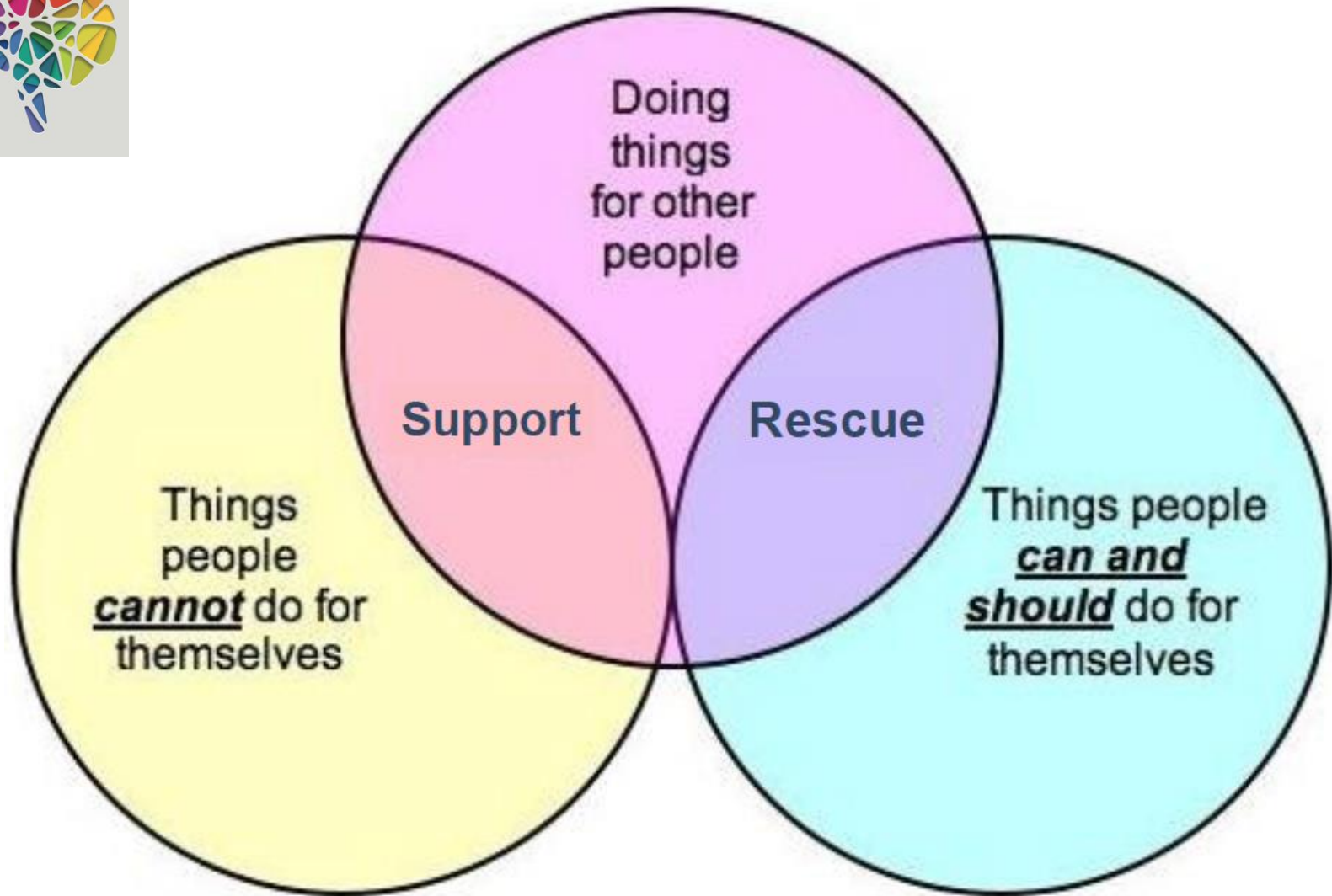
LOCUS OF CONTROL

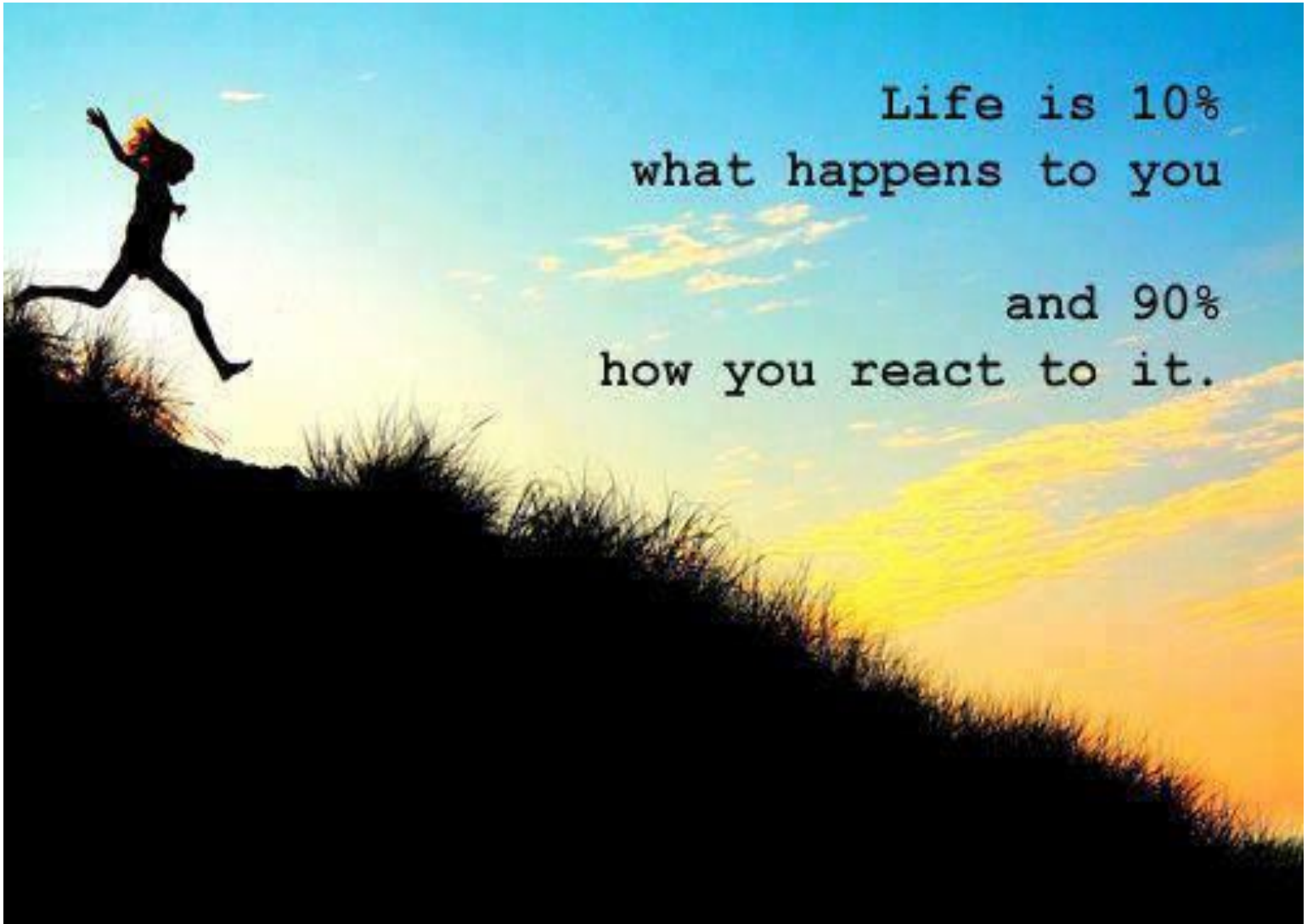


An individual with an **EXTERNAL** locus of control believes that his/her behaviour is guided by **fate, luck, other people or other external circumstances**



An individual with an **INTERNAL** locus of control believes that his/her behaviour is guided by his/her **personal decisions and efforts**



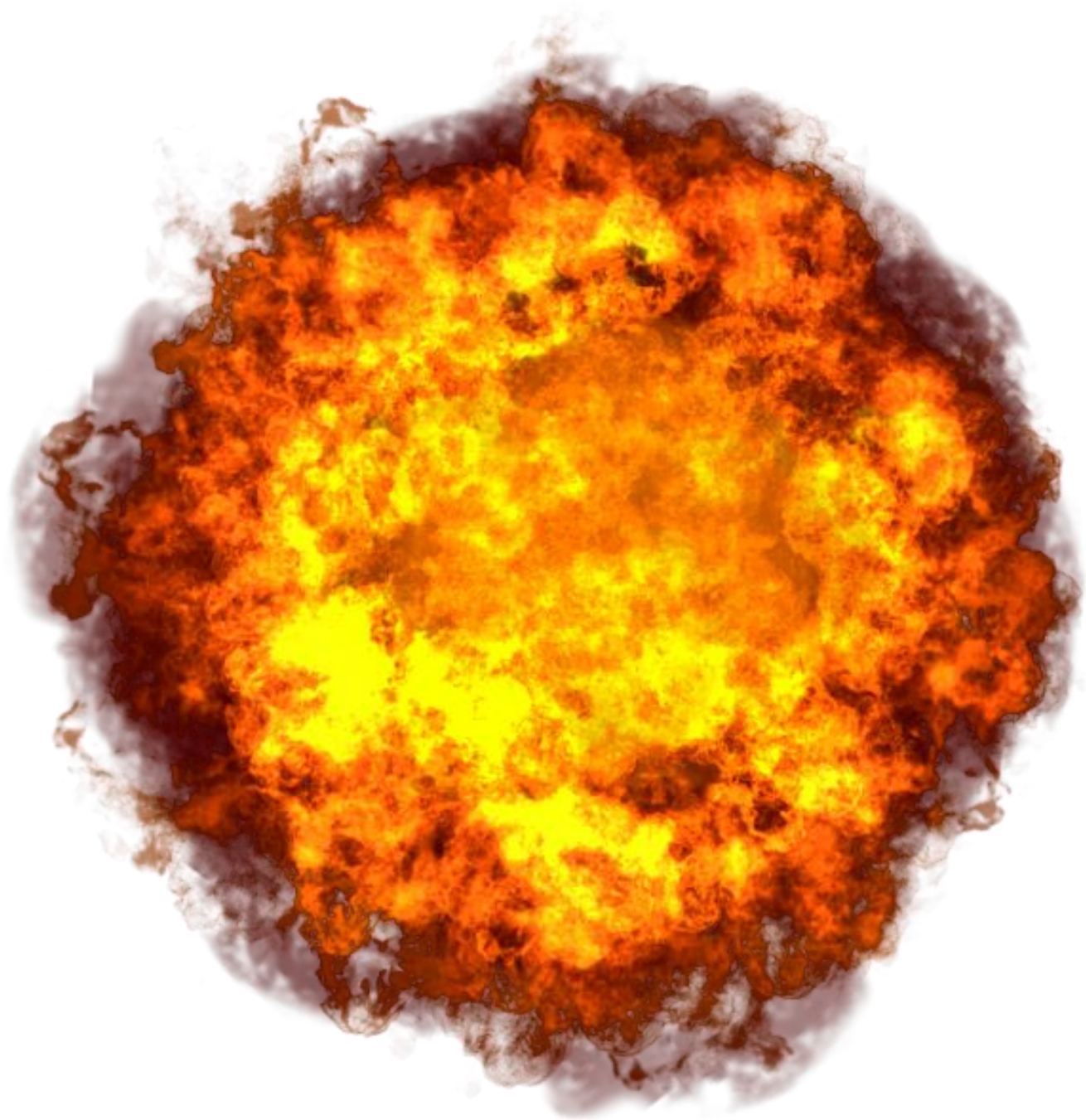


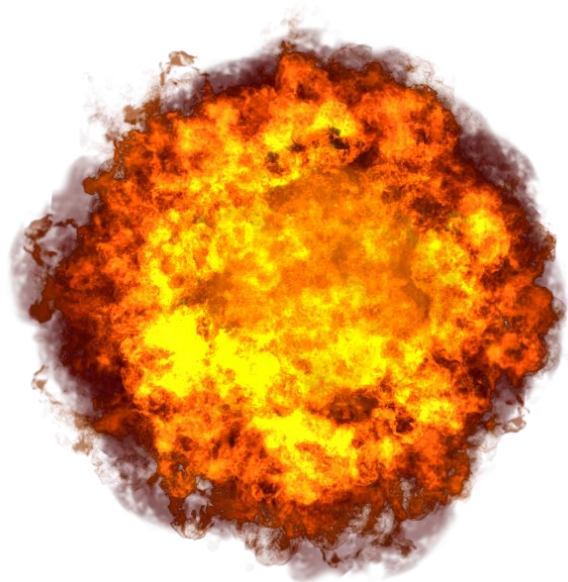
Life is 10%
what happens to you
and 90%
how you react to it.

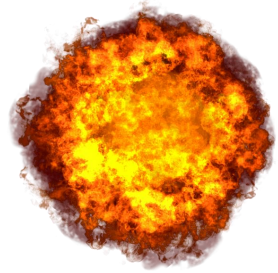


Dr. Seuss

**BE WHO YOU ARE
AND SAY WHAT
YOU FEEL BECAUSE
THOSE WHO MIND DON'T
MATTER AND THOSE
WHO MATTER
DON'T MIND.**

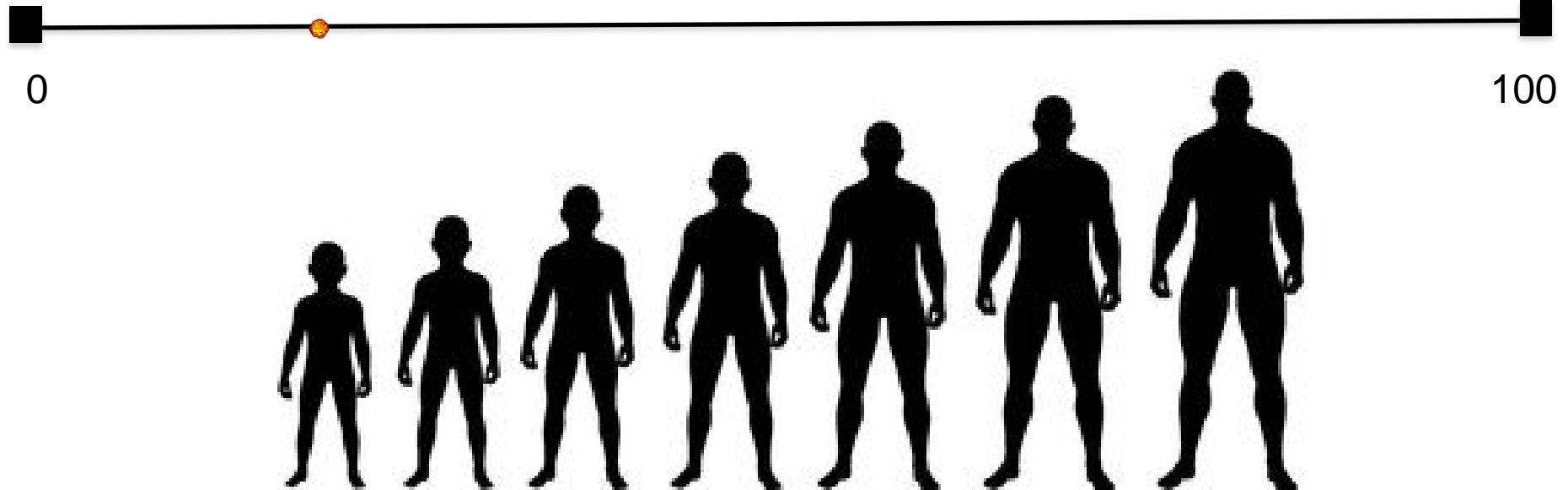






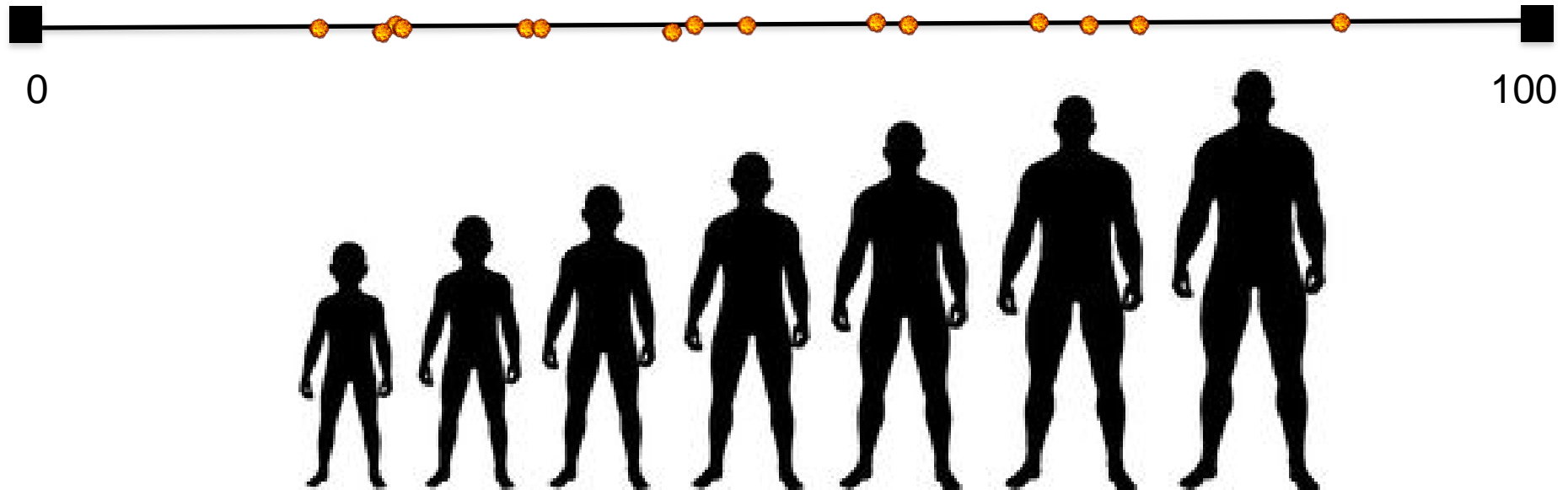


SEEING THINGS IN THE CONTEXT OF OUR LIFE





RECOGNISING HOW INSIGNIFICANT IT IS OVER TIME

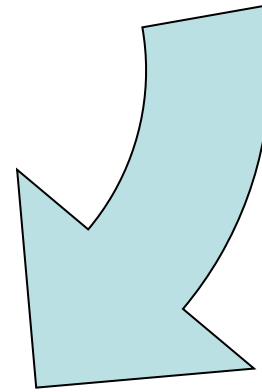
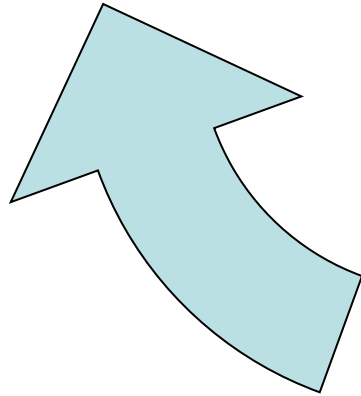
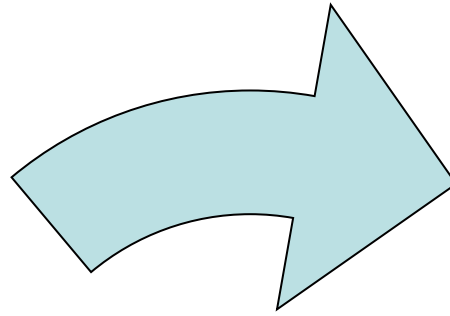




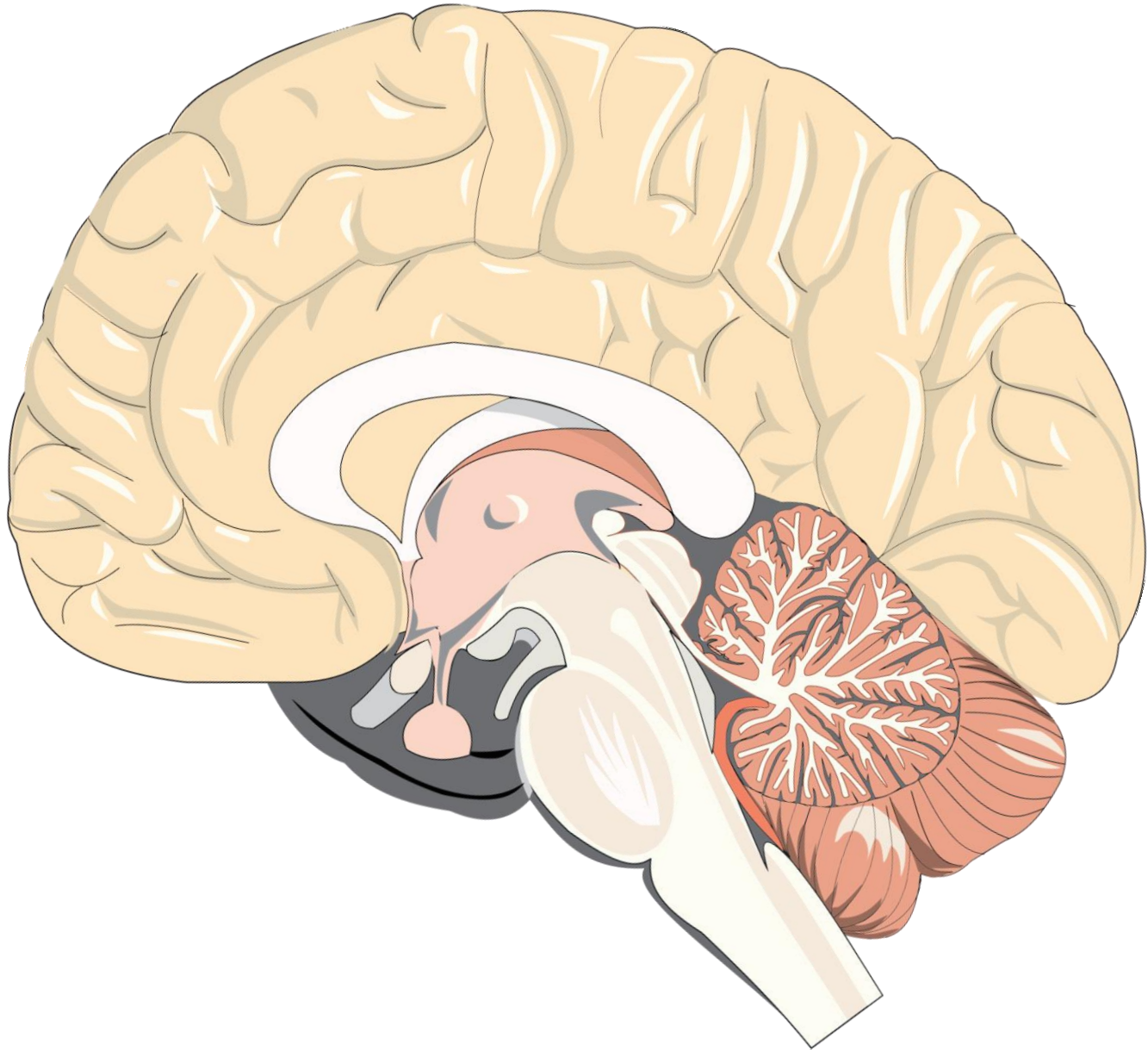
GET

SEE

DO









Fight or Flight Response





OUR INNER CHIMP

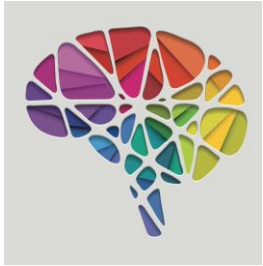




OUR INNER LION/LIONESSE







RECOGNISING WHETHER IT IS STRESS OR ANXIETY

STRESS

1. Pressure or tension exerted on a material object
2. A state of mental or emotional strain or tension resulting from adverse or demanding circumstances



ANXIETY

1. A feeling of worry, nervousness, or unease about something with an uncertain outcome
2. Strong desire or concern to do something or for something to happen





WHAT DANCE ARE YOU DANCING?

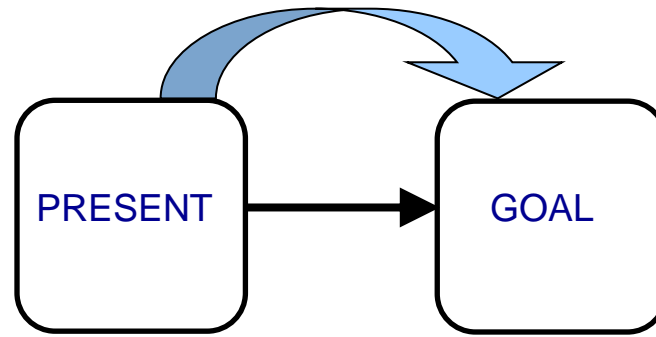




HELPING CHILDREN BOUCE BACK

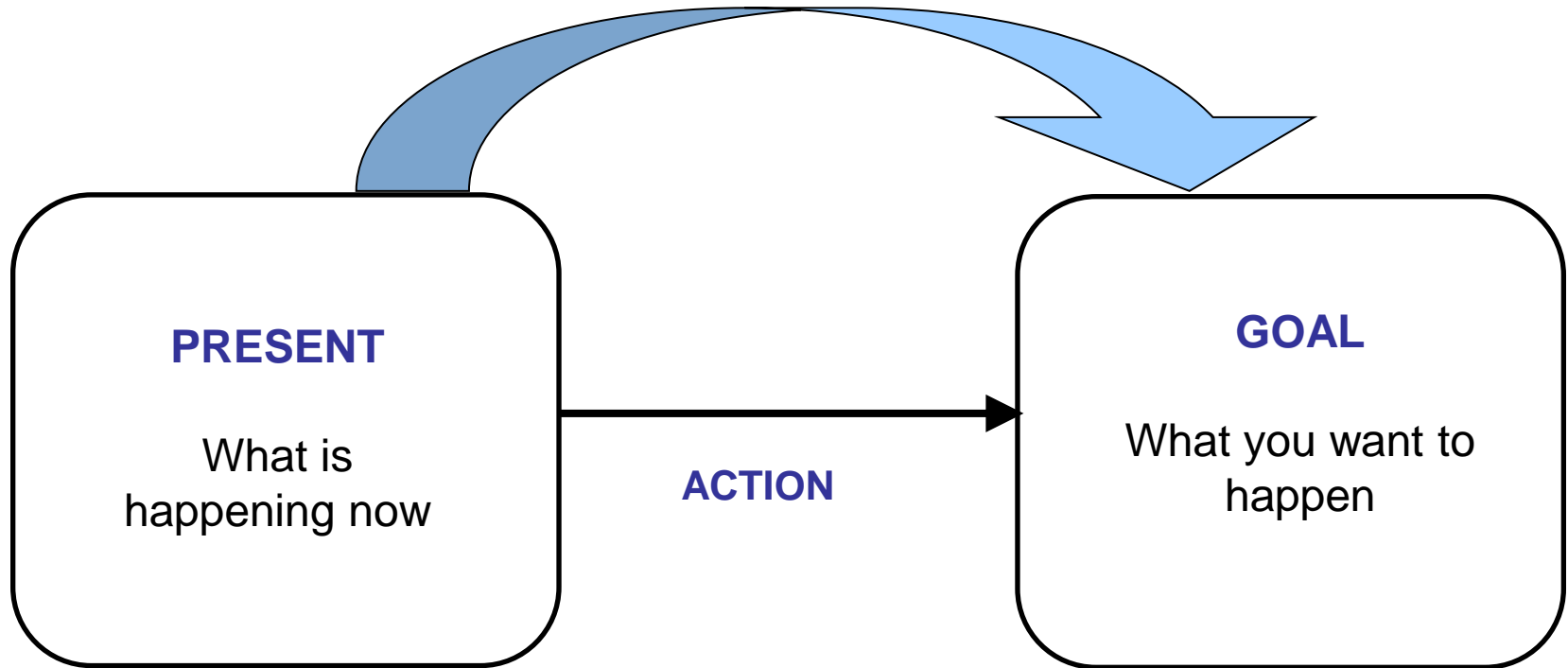


- Give Ownership
- Give Support
- Focus on the Learning
- Coach rather than rescue

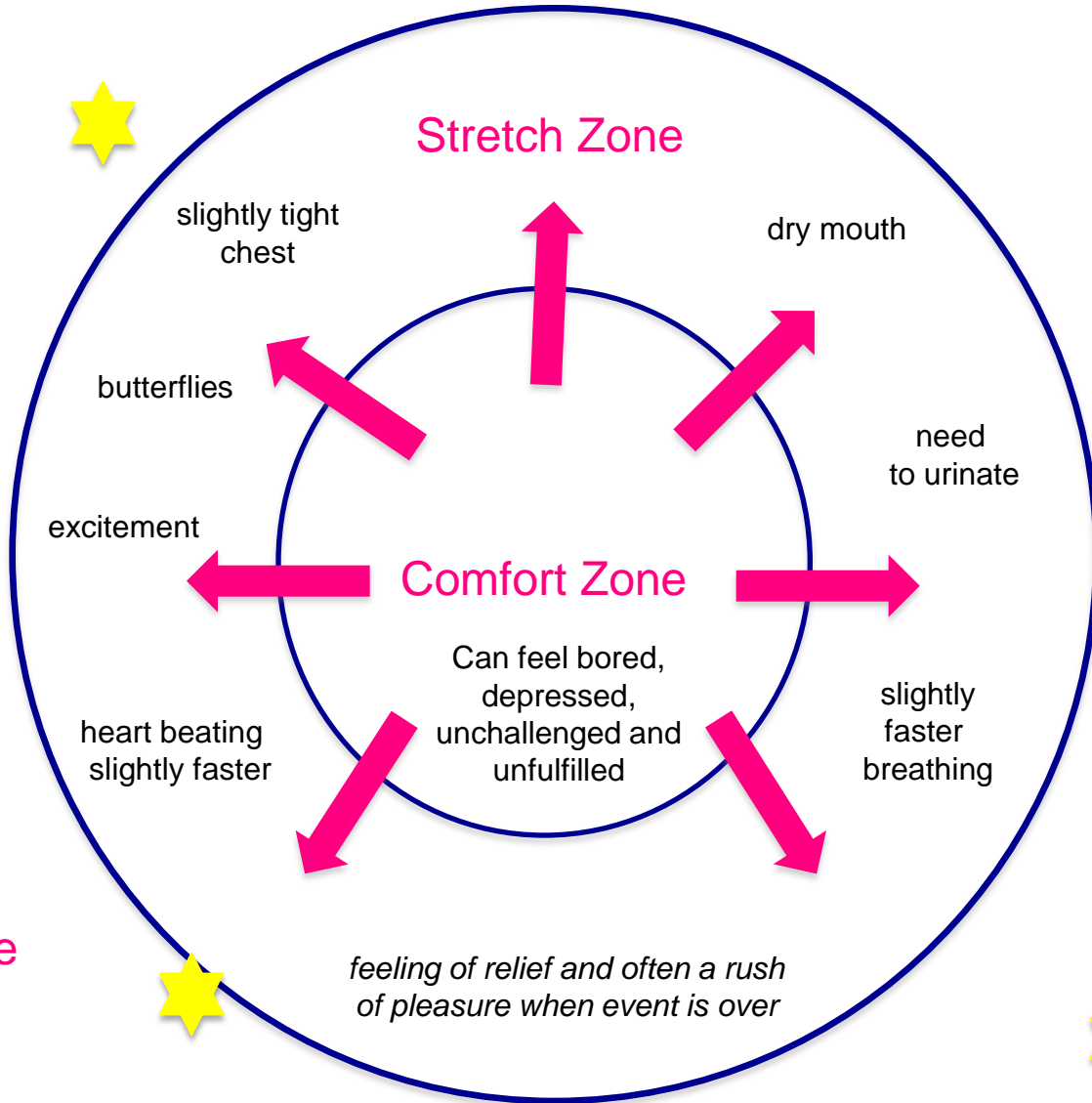




THE COACHING FRAMEWORK

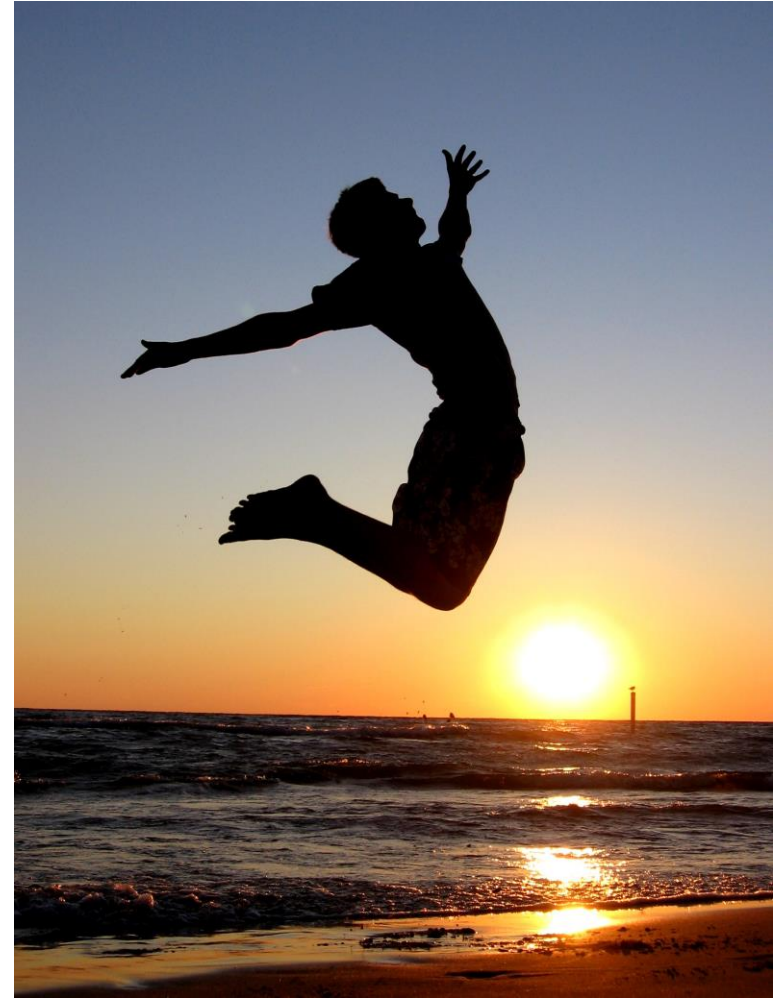


Coaching is questioning the answers not answering the questions



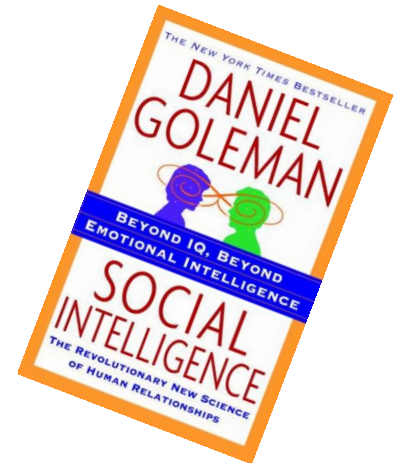
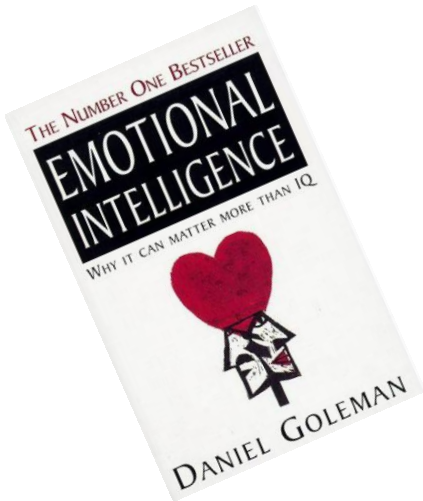
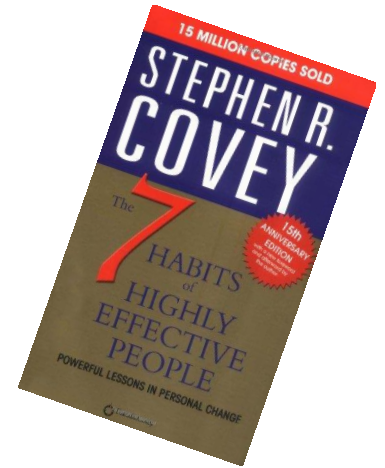
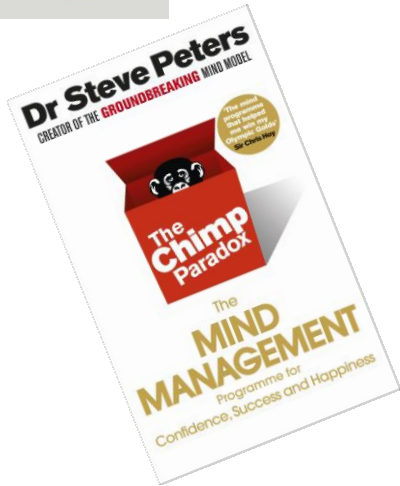
**WHERE
THE
MAGIC
HAPPENS!**











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