

## **Association for Coaching Group (July 2016)**

### **Walking Coaching Like Coaching and you're walking!**

**With Melody Cheal**

In recent months I have seen a lot of articles and posts about the benefit of both exercise and spending time in nature. Walking Coaching provides the opportunity to combine the two together in a powerful way.

Theoretically you can use all your consulting room coaching skills while you walk, certainly, listening, asking questions, reflecting and challenging can be used. There are two main differences when walking with a client.

The first is the experience of walking side by side, for some clients this makes disclosure and discussion of sensitive topics more comfortable. I have heard it compared to chatting to someone while driving a car. The lack of eye contact may make it more comfortable to explore subjects that are potentially challenging for the client to share.

Secondly, there is something about movement that can assist the client in making break through. It is possible to leave problems on the path behind you as you walk along, particularly if you use techniques derived from NLP such as timeline. The kinaesthetic action of walking is likely to be having a positive effect on the client's physiology and body chemistry.

#### **Ideas for exercises while coaching**

1. Give the client time to sit looking a view while they reflect.
2. Use "smelling the roses" to help change state.
3. Ask client to find something meaningful for themselves in the environment around them.
4. Use circular walks that have a process attached, e.g. goal setting, generating ideas, resolution, each at a different location.
5. Change pace regularly to find out how that changes thinking.

#### **What ideas do you have?**

## Upcoming Events

### Free One Day Introduction to NLP

12<sup>th</sup> August or 19<sup>th</sup> September 2016

### Psychological Approaches to Coaching: Association for Coaching Accredited

Module 4: Positive Psychology Coaching, 17<sup>th</sup> to 19<sup>th</sup> August 2016

### NLP Diploma (including free workshop)

19<sup>th</sup> to 22<sup>nd</sup> September 2016

### NLP Practitioner (Diploma pre-requisite)

October 2016

### Certified Hypnosis Intensive (NLP Practitioner or similar pre-requisite)

May 2017

### NLP Master Practitioner (Practitioner pre-requisite)

September 2016

### NLP Trainer's Training (Master Practitioner pre-requisite)

16<sup>th</sup> to 30<sup>th</sup> July 2016

### Evening Practice Groups

4<sup>th</sup> August & 7<sup>th</sup> September

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