



What is beach coaching?

Where most coaching takes place inside an office or walled off room, beach coaching happens on the beach; on the sand.

Why beach coaching?

I have found that the basic limiting emotion most people have problems with is Fear. In the body this manifest in the Root Chakra which is the area at the base of the pelvis. NLP has wonderful techniques for dealing with all kinds of fear and being in Nature is the optimal context for balancing the Root Chakra with the loving support of our mother earth by making physical connection to the water and the sand.

How does it work?

All the NLP and Hypnosis techniques which would have been used in an office are still utilised, now just in the context of nature. Because of the vast space on the beach the powerful Time Line Technique can be better implemented where there is enough space for a client to walk their Time Line. Some techniques can involve swimming and also mild physical exercise.

When does beach coaching take place?

These sessions are more popular during the summer months and when you want to book for a beach coaching session during the summer, it is better to book the first session in the morning or the last session in the afternoon. During the winter it is important to look at the weather forecast in advance before booking a beach coaching session.

“No man is free who is not master of himself.”

Bookings: info@ernestfrostnlp.com or visit our website: <http://www.ernestfrostnlp.com>