

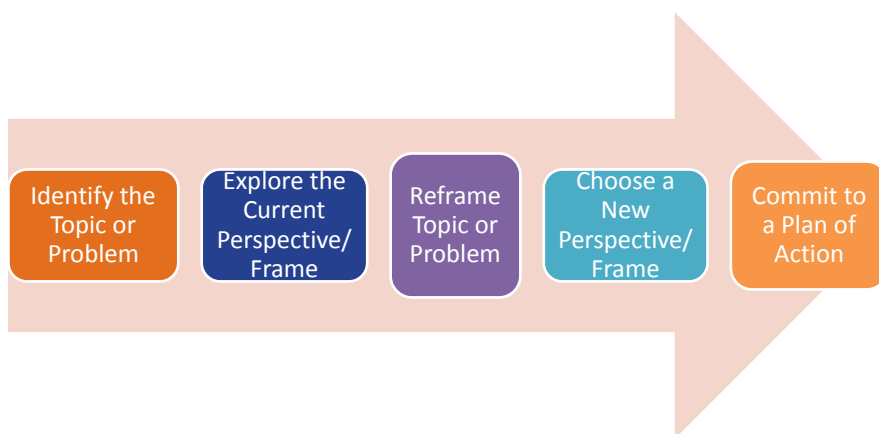
Build a Bridge and Get Over It! The Anatomy of a Decision



2016 NALP ANNUAL EDUCATION CONFERENCE

APRIL 13 – 16, 2016 • BOSTON, MA

Build a Bridge and Get Over It! The Reframing Process



See also Bandler and Grinder six step reframing process :<http://nlp-mentor.com/six-step-reframe/>
and Co-Active Training Institute balance coaching process: <http://www.thecoaches.com/coach-training/core-courses/balance>

2016 NALP ANNUAL EDUCATION CONFERENCE

APRIL 13 – 16, 2016 • BOSTON, MA

Build a Bridge and Get Over It!

Reframing Questions

- | | | |
|---------------|---|--|
| • Time |  | Create Urgency or Slower Pace |
| • Choices |  | Remove all or nothing thinking |
| • Importance |  | Focus on the “main thing”;
lessen overwhelm |
| • Perspective |  | See the issue using another lens |
| • Metaphor |  | To think outside of the box;
creative problem-solving |