

Breakthrough Skills Programme™ for Women

Continue and Begin Fast Coaching® for Work and Life

Continue & Begin Fast Coaching® is a personal development framework which helps individuals and groups grow skills and competences to achieve their personal development ambitions by creating rapid change in personal behaviour. It enhances self-worth and stimulates personal belief in opportunity and possibility.

Continue & Begin Fast Coaching® was developed by Nick Drake-Knight, an internationally acclaimed coach, motivational speaker and author. It has proved to be remarkably effective and is now used as the preferred people development model in a diverse range of environments including, business, education establishments, healthcare operations and family contexts. It can be used to help children at school, or to develop an employee's skills in the workplace, to encourage an individual's healthy living and wellbeing or to support families in need of a helping hand. It has no boundaries for its application.

New Code Continue & Begin Fast Coaching® is the latest development of this powerful coaching method. It is simple to master and easy to implement. By following a specific flow of questions, carefully selected for their impact, a new Continue & Begin® practitioner can achieve impressive coaching results for individuals and groups at work, at home and in the community. The process is fast and it makes people feel good.

This **one-day workshop** will be delivered by Zoryna O'Donnell, a Licensed Trainer of New Code Continue & Begin Fast Coaching® and a Certifying Member of the International Trainers Academy of NLP.

The workshop will cover the following key elements:

- ✓ Various coaching models and how Continue & Begin Fast Coaching® is different;
- ✓ New Code Continue & Begin Fast Coaching®
- ✓ 3 Channels: Reflective – Observed – Recorded
- ✓ Patterns that connect
- ✓ NDK Performance Model®
- ✓ Language structure and patterns
- ✓ Change drivers
- ✓ 3 Chunks & 7 Questions in New Code Continue & Begin Fast Coaching®
- ✓ Can't to Can Belief Busting®
- ✓ Can't vs Won't
- ✓ Team or Family coaching

The workshop will equip delegates with a core skill of careful use of language during the coaching process and a practical tool kit to help them understand and apply the principles of Continue & Begin Fast Coaching® to help people develop even higher levels of performance than they already exhibit, whatever the context.

Breakthrough Skills Programme™ for Women Discounted Fee - £150+VAT per person.

Standard Fee: £250+VAT per person for open access workshops.

To book your place on the Continue & Begin Fast Coaching® for Work and Life workshop **please contact Zoryna O'Donnell** by e-mail zoryna@gmail.com



All Continue & Begin Fast Coaching® materials are copyright of Nick Drake-Knight. Video examples of Nick Drake-Knight using Continue & Begin Fast Coaching® to develop individuals are available at www.continueandbegin.com and via the Nick Drake-Knight channel on YouTube <https://www.youtube.com/user/NDKgroup>