In this edition of Practitioner’s Corner, we’re talking to Marie about her experiences of the Inside Performance Sport Practitioner who gives us a different perspective on how she’s used her knowledge. (name changed for confidentiality)

Hello, I’m Marie and I work as a civil servant for the UK Government. I’m probably a strange recipient of the NLP sport material as I don’t coach any longer, and I’ve also swapped my own sporting pursuits for those of my two kids!

Despite what people think of civil servants (an assumption, yes!) I love my job, as I get to work flexible hours which suit me with the kids sport and schooling, and the work I do is varied and challenging, working with many different departments and people with conflicting viewpoints and ideas.

I manage a small team of around 20 people, and although we work as a team, there are many independent roles within the team which can cause some conflict at times!

I used to play hockey to a high standard and knew Louise when we used to play together ‘back in the day’!

Chatting to her about what she did got me intrigued, as although I stopped hockey, I’d developed a passion for golf, and had ‘got the bug’!

One of things I hadn’t managed very well was that I couldn’t ‘run things off’ in golf the same way as hockey and my head totally messed up my game!

Because I knew Louise personally, and that she’d worked in this area since leaving Uni, I trusted what she said about NLP giving me ways to improve my golf through ‘managing my state’!

And yes, I did get ‘mates rates’ before anyone asks, but in all honesty, I would have paid 10 times the amount knowing what I know now about the course...and it was one of the first courses Inside Performance ran!

> So what attracted you to join us?

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Do you still use your NLP in Sport, and if so, how?

Yes and No - and in loads of ways!

‘By that I mean, I use what I learned on the course every single day, just not in a sporty way.

I gave up golf when I got promoted at work as I didn’t have time for work, kids, husband and golf! I do miss it but as you know, we have to make choices in life about what we spend our time and effort on.

Was the course what you expected?

Honestly, I can’t remember! It’s a long time ago!

I do know that when I look back, it [the course] triggered a whole new career path, as I re-trained, took my career seriously, and pushed for advancement. Something I don’t think I’d have done without having my thinking changed!

How have you drawn on your training in work/business/life? Any key benefits worth sharing with others?

Ha! Where to start?

My job is incredibly demanding at times, and I often don’t get home till the early hours, so juggling family and work relations draws on all of my NLP language and negotiation skills! (17 years married though!)

I’m also acutely aware of leading by example, so how I conduct myself, how I build relationships with key partners and how I work alongside my team has developed over the years by applying NLP.

Interestingly, I also know I use my NLP knowledge with the kids, and this has given me more patience and understanding than I probably would have without it.

How would you describe your training experience?

“Without that course I would not be where I am now. Period.”

I think it was 2004/5 that I did my course, so it’s hard to remember exactly what it was like, but I do remember the sense of awe and astonishment learning about how our thinking has such an effect on how we function.

I’d never really considered that I had much control over emotions and thought that if I couldn’t get into the zone, it was down to bad luck and not down to me.
I think it was very different. Many of the corporate courses I've attended have been very focused on 'learning about something', but with the NLP, you end up with different viewpoints – maybe more creative thinking? Having to think for yourself? More flexible?

Another big challenge was having to examine yourself: motives, behaviour; thoughts; beliefs – that was hard!

I mean, sports coaches (as I was then) are thinking about ways to push their players, and to learn things for them, and their performance. I’d never even considered that the way I thought and behaved might have an affect on how they responded, other than being a supportive coach and giving ‘good instruction’.

That was tough ‘cos suddenly you realise that you have more than just a teaching role in their development!

That was a REALLY big lesson and one that I like to think has stayed with me in the work place.

If there’s one thing you would say to people new to NLP, or think about training in it, what would it be?

Embrace it with every cell in your body! Leave any pre-conceived ideas at the door and jump in with both feet - you won’t regret it!

Learn with an expert.

It’s the only way.

A big THANK YOU to ‘Marie’ for talking with us and sharing a few insights into her experiences of NLP.

We trust this has given you some food for thought.

Any questions, please give us a call:

020 8398 2127

> We’re keen to understand how the course challenged you, compared to other professional training development experiences in the past or since you trained with us?

“Believe that you are worth following your dreams for, because if you don’t, how will anyone else support you in achieving them?”
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If so please let us know via admin@inside-performance.com and we'll get in touch.