

# Discover Different Levels to Bring Changes into Your Life and How a Life-coach can Help you at Each Level

During the journey of our life, we experience stress on various levels. We are constantly striving to be the best version of ourselves irrespective of the odd circumstances. Bridging the gap is the main challenge, and a life coach may help get you on the right track.

Are you looking for the same?

According to Robert Dilts, six logical levels will help you to make the change. Each level needs to be aligned with another to achieve success. Here we go-

## **Environment**

- What external situations trigger your feelings of stress?
- Do you have control over those situations?

Ask these questions yourself. If you don't have control over the situation, redirect the same energy to something you have power like your reaction or the perception of the events. Your environment is offering different deals to cope up with stress. Knowing the options will help you to be empowered and creating a sense of control.

## **Behavior**

- Examine all your thoughts, actions, and feelings
- Be aware of distorted thoughts and feelings.
- Notice the feedback your body is offering you.

- Remember the time when you feel relaxed, followed by noticing the experience about the same.
- Notice the change in your feelings

## **Capability**

- Use your abilities and resources as an advantage
- What skills do you have?
- Imagine what you can do with your skill sets

## **Beliefs and values**

- What is important to you?
- What motivates you?

## **Identity**

- Who are we?

# How a life coach can help you at each level

A life coach may help you by combining neuroscience with linguistics to understand how to think and speak. It can influence our brain. Let us take a look.

## **1.Presuppositions**

Our mind map often varies with reality. Consequently, people view the same situation differently. It leads to conflict and misunderstanding. Life-coach helps their clients to reframe, followed by viewing their situation and behavior.

## **2.Reframing**

Reframing has the most significant value that career coaches can offer to their clients. It is all about changing the mind map for aligning with the situational reality. Reframing denotes context and content restructuring. Techniques of reframing are-

- **6-Step reframing-** This process is developed by Grinder & Bandler to move oneself from disempowering behavior pattern to empowering pattern.

- **Timeline-** Developed by Tad James, it is a regression technique. Life coaches use this technique to create the future direction without past analysis.
- **Perpetual positions-** Life coaches use this technique to elicit empathetic views about a client's conflicting situation. It is a subconscious awareness creation process that is used in a coaching format.
- **Visualization** is one of the basic skills set to help clients resolve the confusion. Life-coach generally uses this to contract, explore, and create awareness for designing actions.

### **3.Meta models**

Meta model concept including, generalization deletion and distortion, is beneficial for the coaching. Generalization is the simple fact we engage in, followed by deletion. It means leaving the examples which don't suit us. Life coaches use this meta-model to explore the client.

### **4.Meta programs**

Life coaches use meta-programs for shaping the client's perceptions. These let the life coaches help to understand how people are structured. A powerful meta program helps to determine the motivation level and attraction.

## **Conclusion**

Life coaches examine each level, and they accumulate more information at each level. They will refine the provocative propositions to set the values that will help clients consider the identity implications.