

# *Transforming*



# *MINDSET* *Coaching*

## **SELF-LIMITING BELIEFS?**

*Self-Limiting Beliefs has both positive and negative impact .....1*

## **SOURCE of LIMITING BELIEFS**

*Core Beliefs are formed early in life .....1*

## **BELIEFS BECOME LIMITING**

*Beliefs are NOT Factual! .....2*

## **SELF-TALK & LIMITING BELIEFS**

*Research shows humans experience about 6000 thoughts per day .....2*

## **OUR BRAIN & LIMITING BELIEFS**

*Beliefs signal the brain to immediately represent what is happening .....2*

## **TYPES of BELIEFS**

*Psychology & Sociology Research Divided Beliefs into Different Types .....3*

## **LIMITING BELIEFS @ WORK**

*The most common Limiting Beliefs people experience in the workplace .....3*

## **TRANSFORM LIMITING BELIEFS**

*S.T.E.A.R. Model & 5 Simple Steps to Transform Thinking & Limiting Beliefs .....4*

## **COACHING LIMITING BELIEFS**

*Coaching Approach Supporting Clients to Transform their Limiting Beliefs .....6*

## **REINFORCING NEW, BETTER MINDSET**

*Actively challenging thinking daily to replace existing beliefs with new thinking .....9*

## **APPENDIX A: S.T.E.A.R. Model & TRANSFORM MINDSET templates**

## **REFERENCES**