

# FLEXIBILITY

(SLIDE 13 - NLP principle 6)

## Context:

This extract is from a course I am writing on NLP. To give you some context, NLP is the study of achieving success by managing your thoughts (Neuro...), your language such as self-talk and your patterns or programmes.

Its full name is Neuro Linguistic Programming, taken from these important elements of psychology and self-management. Like many things, it's easier to understand and learn when you break it into these sections.

NLP is a package of techniques that helps you practice self-management to help you achieve your outcomes, at work or in other areas of your life. This extract is about one of the core principles – that of flexibility.

## Text / Written content for slide on flexibility

We all consider ourselves to be **flexible**, but here the NLP principle is about flexible ways to achieve your outcomes and goals.

Any NLP conversation (let's assume it's two people having a coaching conversation) should generate flexibility, through options and choices.

There are **different paths** available to achieve your chosen goal.

It's good to have a flexible approach so that:

- You are thinking in a creative way, happy to dream up and try different options
- Embrace optimism - the belief that you have choices in life
- Sheer resilience - If one of your options gets blocked, you can choose another route to your outcome

## Audio commentary:

- Flexibility is important to help you get to your goal, but as per the screens it's also part of a mindset. Think about being in control, you can make choices, there are different ways to reach your goal.
- Since NLP is based on modelling, think about how do you think CEOs and successful senior business-people achieve their goals? My experience of good leaders is they are very clear on their outcome but are willing to be flexible on how they reach their destination.
- This links back to our earlier topic on goal design. It's good to clear about your outcome, but don't be too rigid about how you will achieve your destiny. You will need to be flexible to make use of opportunities and work around barriers.

**Visuals:**

- Lead (photo) – people in F2F coaching situation, casual or office setting
- Minor (photo / illustrations)
  - Paths and choice (sign or map, choice of routes, junction)
  - Metaphors for flexibility (Spring, Curved bamboo, Tree bending in the wind)

**Conversation - lead image:**



**Paths / choices:**



**Bamboo / being flexible:**



Cropped / rotated - to show curved bamboo  
<https://unsplash.com/photos/5qJioeOT9DE>

**Photo sources:** Unsplash online library