**COACHING TOOLS**

**Neuroscience-Based Coaching Tools**

1. **Neuroplasticity Rewiring Techniques** – helping clients form new habits by creating new neural pathways
2. **Amygdala Hijack Awareness Tools** – managing emotional reactivity
3. **Somatic Anchoring** – using physical sensations to anchor positive states
4. **Brain-Based Journaling** – reflecting through structured, thought-provoking prompts
5. **Nervous System Regulation Tools** – breathwork, vagus nerve activation, and grounding
6. **Heart-Brain Coherence Tools** (used with HeartMath devices or visualization)
7. **mBIT (multiple Brain Integration Techniques)** – tapping into head, heart, and gut intelligences
8. **Sensory Mapping Exercises** – identifying how emotions show up in the body

**🗣️ NLP (Neuro-Linguistic Programming) Coaching Tools**

1. **Anchoring** – associating a desired state with a stimulus (touch, word, image)
2. **Swish Pattern** – replacing unwanted thoughts or habits with positive ones
3. **Meta Model** – identifying and challenging limiting language patterns
4. **Milton Language Patterns** – using hypnotic language for suggestion and change
5. **Perceptual Positions** – shifting perspective (self, other, observer) for insight
6. **Timeline Techniques** – resolving past trauma or installing future success
7. **Reframing** – shifting negative beliefs into empowering interpretations
8. **Parts Integration** – resolving internal conflict between opposing desires

**🧰 Cognitive & Behavioural Tools**

1. **Cognitive Restructuring** – challenging and replacing limiting beliefs
2. **Habit Loop Mapping** – identifying cue–routine–reward cycles
3. **Mindfulness & Grounding Exercises** – increasing present-moment awareness
4. **Thought Journals / CBT Thought Records** – tracking automatic thoughts
5. **Strengths Identification Exercises** – VIA Strengths, Gallup Strengths
6. **Values Clarification Exercises** – helping clients align choices with personal values
7. **Wheel of Life** – assessing balance across life domains (used as a tool, not model here)
8. **Triggers & Tolerance Mapping** – building emotional intelligence and self-regulation

**🧩 Creative & Experiential Coaching Tools**

1. **Metaphor Exploration** – helping clients access unconscious meaning
2. **Drawing & Visual Mapping** – coaching through visuals, timelines, or sketches
3. **Storytelling** – re-authoring personal narratives
4. **Vision Boards / Future Self Exercises** – activating purpose through imagery
5. **Object Coaching** – using symbolic items to externalize thoughts
6. **Role Play & Dialogue** – practicing future conversations or exploring inner voices
7. **Music & Movement Integration** – coaching with rhythm, movement, or sound for insight