

# Roles & Recipes



## Recipe

I am a Certified Performance Coach. During a conversation my daughter remarked, "*Mother, should I be paying you for this conversation?*" What a wake up call - I was treating her like a client.

Using NLP Roles & Recipe cards provided me with a way to identify the parts of myself that re uniquely appropriate for each of the various "hats" I wear in life. The cards keep me conscious of the role I am in and of what was appropriate - or not. This avoids a lot of hurt feelings and crushed toes!

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