

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!

Gayle