

Supercoach

Michael Neill



Master Trainer of NLP, Success Coach and author, Michael Neill is one of America's most sought after success coaches. His new book 'Supercoach' is soon to be released by Hay House.

Here Michael Neill talks to Cissi Williams.

Cissi: What was it that triggered your own 'awakening' to the power of your inner resources, your inner ability to change?

Michael: I found this power through pain. I was a very confused and unhappy teenager and went through a lot of depression, mania and suicidal thoughts, and it came to a head when I was nineteen, and I had an incident when it felt as if I was being sucked out through a window. I was holding on to the wall so as not to be pulled out of the window, and I called the suicide hotline (so as not to jump out the window) and I got a busy signal. And there was something so funny about this, even in the midst of everything that was going on, that it kind of broke the spell, and I was able to call a friend and they came and got me. What I realized that night, which was really significant, was that I did not want to kill myself. So, all those thoughts I'd been having for all those years, I realized that they were just thoughts. And that was really the beginning of my awakening, because I realized that just because I thought something, it did not make it real. That really opened up possibilities for me.

Now I have known my wife for over 20 years, and it was probably four or five years into our relationship until I talked to her about this incident, and what happened was that I talked to her about this and called it the suicide thought; *"Oh, the suicide thought is back"*, but it was never anything more than that – just a thought. And she said; *"Oh, I have one of those. I call it the divorce thought"*.

You know, in the early days of our relationship, if things were not going well, she would have the thought; *"Oh, this is not going to work out, maybe we should not stay together"*, and at some point she realized she liked being with me and that that was just a thought. There is so much freedom when you can begin to see thoughts as just thoughts. Then you can start to pick and choose what you

want to make your life about. As long as you think your thoughts are all real and meaningful, you are kind of stuck.

Cissi: Was it this insight that lead you to study NLP?

Michael: NLP was the first thing I came across that gave me the experience of peace of mind. I was reading an NLP book that talked about turning down the volume on the voices in your head. It never occurred to me that you could do that. I had just assumed that that was the background noise in my head. So, I went into my mind and turned down the volume, and it got really quiet in there, and with a quiet mind comes peaceful feelings, and all of a sudden, in a matter of seconds, for the first time in my adult life, I had a quiet mind and a beautiful feeling. I just thought; *"I need to learn everything about this"*, and that is what I did. For the next few years I studied and studied with everyone that I could. I have worked with almost everybody. The first one I studied with was Tony Robbins, and I think I was the last group he taught NLP to, as NLP. Later on I worked with people in the UK, in Hawaii, in Germany, with anyone that I could. What happened then in the late nineties was that I came across the next thing that took me to a different level, which was called 'The Option Method'. I was watching a documentary with my wife about the Option Institute, and I saw a young child with autism, and one week into this Option programme this child got up in the middle of the night and made himself some scrambled eggs. The whole thing was so incredibly moving that I just said; *"If that is real, I need to know everything about that"*. I flew out and started on their next training programme.

With each new thing that I have learned, I have found that each thing has enriched the previous things I have learned. Eighteen months ago I started to study something that does not really have a name, but it is sometimes

called Psychology of Mind or Health Realisation or Principles based Psychology. That has helped me take my work to the next level as well, which has helped me in the work I am writing about in my new book 'Super Coach' where I am sharing a new level of understanding, which is that happiness and wellbeing are actually innate. They do not come from outside of us. My belief before was that they were things you create, and I kind of do not believe that anymore. What I have started to see is that every person has this innate wellbeing within them, they were born with it. One of the most interesting things with babies is that they do not need therapy.

Cissi: *Absolutely, and they do not have any secondary gain either for staying in pain. I used to treat many children as a cranial osteopath in the UK, and they get better so quickly. They have an extraordinary level of health within them, and you can literally feel and see them letting go of restrictions and pain during their treatment.*

Michael: And that for me, has been personally transformative, because I saw myself as being this guy who had beaten depression, that overcame the whole suicidal thing, and that if I was not careful, and if I did not keep working my mind towards the positive, then I believed that I could slip back that way. And I have just come to realize that this is not true. The comfort and peace in knowing that is so huge. As a result of this I am now able to work much more with therapeutic issues within the context of the coaching. I have found that often in just one or two chats the clients are on their way back to health, and I think it is because I really, really know that they have this level of health and wellbeing within them.

Cissi: *What is it within you that enables you to remain fulfilled and passionate about your life?*

Michael: Honestly, my life is like Christmas every morning. It is not that I do not have bad days, it is not that I not occasionally have bad moods, it is not that bad things sometimes do not happen. It is because I live, the majority of the time, in touch with what I call my innate wellbeing, and I do not spend a lot of time chasing it outside of me.

Cissi: *Many people are searching for this, so what is it that you do that enables that?*

Michael: Oh, I was searching for that too for the longest of times. Where it comes from is that it is really a seeing. For most people it starts as a glimpse, and then that glimpse is enough to keep them looking, and then that glimpse becomes a make-believe, in that they may for a while have to believe; "Oh, I am sure I saw it, I think I saw it, did I see it?" And then once you are seeing it fully, there is no belief involved any longer. You know, I can look outside and I can tell you it is beautiful day here, the sun is shining and the sky is blue, and that is not unusual as I live in Los Angeles. But I do not have to believe in it, in the same way as even if it is grey, and cloudy and snowy, whatever the weather, you do not really have to believe that the sun is still there. You know the sun is still there. You cannot see it, you cannot really feel it, but you know it is there. And it is the same with wellbeing – once you really see it, once you really kind of get that, even when you are not feeling

it, because you may not live in a good feeling 24/7, so even when you are not feeling it, you are not worried about it thinking; "Oh, I have to do something! I have to change my diet, I have to exercise more, I need to meet a different woman, I need to move.." you do not need to do any of that because you realize you just got caught up in some thinking, and that will settle back down, and you know that you will soon be back in your wellbeing again. It is like you look up at the sky and you see some clouds, and you know that is okay, they are just clouds, and when the clouds pass, you will see the sun again.

Cissi: *It sounds you made a really big turning point for you, when you shifted your thinking this way.*

Michael: The funny thing is, I did not think there was a turning point to make. I really thought I would continue to learn, but I did not really think there was something transformative for me to learn. The whole thing about 'Supercoach', and what 'supercoaching' is, which is a cover word for transformative coaching, is that coaching happens on three levels;

Level 1: Performance Coaching

You help someone with a specific objective and a specific problem, and you work with them until they solve this. This can be that they have a problem with a client, or they have to do a big presentation etc. So, you work with them so they are at their absolute best in this specific context. In this level you use lots of techniques. If I want you to be ready for this sporting event I would use several NLP techniques to help you visualize success, I would have you run it through in your mind again and again until you see yourself succeeding, I work with your posture so you stand in the right way.

Level 2: Context Coaching

This is where you take a life area and you coach someone within that area. Here you might have relationship coaches, negotiation coaches, or confidence coaches. Here you are not dealing with one particular person or incident, you are dealing with a category, and you are supporting them in that category. At this level I start to introduce a lot of strategies – a strategy for dealing





with difficult people, a strategy for more effective communication, or whatever it is I am coaching them in.

Level 3: Transformative Coaching

You are no longer dealing with a specific situation, you are no longer dealing with just a category, you are actually dealing with the fundamental way the person is feeling or seeing themselves in the world. What is cool about transformational coaching is that everything else changes as a result of this. There are three phases you go through, and they are so consistent;

- The first stage is what I call ‘*Learning a new way to drive*’. What happens is that people start quieting their minds, and as they start to get in touch with that nice feeling that lives inside them, that innate wellbeing, they start to find this kind of disconcerting, because they are so used to having all that background noise in their heads. So often they come to me and they say they are confused, and that something feels wrong. And what feels wrong, when you get to it, is that all that struggle and the noisy things in their heads are not there, and that is really odd at first, because most of our lives it has been there.
- Once they have passed this stage, something new starts to happen, which one of my clients named ‘*Driving Daddy’s Ferrari*’. Here all sorts of really cool things start to happen in your life, and you start to have all sorts of weird synchronicities, when just the right person shows up at just the right time, and you think about some goal and the next thing you know you are half-way there to achieving it. And this is a lovely feeling, but the longer it goes on, the scarier it gets, because there is this feeling that this could stop at any moment, that the batteries could run out, and so over time, what a lot of people do, is that they shut this down. It is like; “*Oh, I just drive it a bit slower. I don’t really know what I am doing, so it feels safer slowing it down a bit*”. And this is what a lot of people do, when they learn about the Law of Attraction, or they learn something like that, they start to achieve some amazing results, and then it starts to teeter out over the first year.
- The third stage is when you realize that ‘*You own the garage*’. It is your car, and it is not only your Ferrari, that is just one of the cars. And that is when you have not only the experience of wellbeing (most of the time)

and the experience of being able to claim what you want in your life (most of the time), but you actually get how it works, you have an understanding of it, and you are not scared anymore when it is not working.

If there is one thing that I would say that makes the biggest difference to people’s lives, then that is taking away the fear. When your head is not full with fear, and your body is not filled with chemicals of fear, life is not that hard. It is really pretty straight-forward. If you want to go that way, walk that way. If you do not want to get into a fight, then don’t. It really gets almost comically simple. When you understand how something works, and why it works the way it does, then you can make simple choices.

Cissi: *How do you manage to stay balanced, healthy and happy in your life?*

Michael: It really is a combination between desire and common sense. I am a big believer in that it is not a lack of discipline that gets in people’s way, it is a lack of structure. I have completed nine books in the last few years, I have written hundreds of tips, I teach around the world, and yet if you looked at a week of mine, then on Monday you will see me take the kids to school, work on the computer, have a meeting with my assistants, and have lunch with my wife. Tuesdays you see me play golf, Wednesdays and Thursdays mornings you see me coach and do the radio show, and in the afternoon you see me read. This may not be a very exciting life for some, but it works for me, and it works because I designed it over the years and I make adjustments every year, and the things that I want to do have a place in my schedule. It sounds so simple, and it works. One of my friends, another coach, will talk to someone about what they want. Say his client wants to make a million dollars and finish a book. Then my friend asks to see the client’s diary, and he then asks the client; “*So where is the time for the million dollars and the book project?*” We always say we want these things, but then we don’t schedule in time to do them. It is not really lack of discipline - it is a lack of structure. When was the last time you missed going on holiday? When was the last time you had to tell your family; “*I try to get to the airport*”. And, of course, you will make it to the airport, so you do know how to make the commitment. It is just that you have not made the things you say are important to you a commitment. It is never a surprise that someone’s life is the way it is, when you spend enough time with them, and you can see how they are creating it.

Cissi: *What would you say is your innermost dream?*

Michael: One of the dreams I am really excited about is changing the way people see the world, so that they begin to really feel and see how it is created from the inside out. What I have seen again and again is that as people get in touch with their inner wellbeing, as they understand how to create, and use the tools to create what they want in their lives, they become a lot nicer. And when you have a world filled with happy, fulfilled people, you have got a great world.

To find out more about Michael Neill visit:

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