

NLP-what is it? How does NLP relate to Cognitive Coaching and the Socratic method of teaching?

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Abstract

This essay examines the relation of NLP with Cognitive Coaching and Socratic Method of teaching. By examining this important case, I clarify the process by which mind and language interact to create a new perception of the world. The main period studied in this essay includes the effects of learner's group working and asking questions from each other in order to eliminate the negative behaviors. Data have been collected from internet. This essay challenges the argument that NLP teaches the learner to think critically by self-evaluating himself or herself. Indeed, the NLP attempts to develop the learner's conscious and unconscious competence through the establishment of new programs and strategies. by applying Socratic Method and Cognitive coaching.

Key words: NLP, Cognitive coaching, Socratic method, critical thinking, language, self-evaluating.

I. INTRODUCTION

Why do learners need coaching? What is clear is that cognitive coaching enables the learners to modify their capacity in order to modify themselves. It is done especially by working in groups and discussing the topics via asking questions based on Socratic Method. In this method, the Learners challenge with each other in order to think and evaluate themselves and create new Perception of the world. From this standpoint, interaction of the learner's mind, language and Behavior compose his/her new map or perception which is called NLP or neuron linguistic Programming. In fact, interaction and communication should be required to program the learner's mind in order to eliminate the negative maps and create a new perception.

II. DEFINITION OF NLP

NLP or neuro-linguistic-programming, developed in 1970 by John Grinder and John Bandler. It is one of the challenging topics in the world especially in learning. NLP consists of three influential components which creates human being experiences by interaction between mind, language, emotions and patterns of behavior. Indeed NLP embodies the function of mind , the use of language as a medium of communication and perception of human body of the world to make the learner as self-directed as possible. Hitherto what is important is That, what creates our perception and under what conditions? Actually, the learner's thoughts, Gestures and words interact to create his/her perception or map of the world. It is obvious that Learner's perceptions are different from each other because their way of thinking, beliefs, Values and behaviors are not equal. Hence, we can never know reality because we can only Know our perception of reality. In this respect our behaviors change in according to our Thoughts. From this perspective, NLP teaches the learner to diminish his/her negative behaviors and turn them into positive ones through a process called Modeling.

A. SIMILARITIES BETWEEN NLP AND COGNITIVE COACHING:

In this process, the learner tries to adopt his/her behavior, beliefs and language to another one in order to improve the functioning of his behavior. The point to be grasped here is that positive thinking would be possible if perceptual and cognitive patterns improve and it is done through the metacognition. One of the similarities between NLP and Cognitive Coaching is that both of them interact together to enable the learners to grow and change their negative thoughts by developing their capacity or "states of mind" which are: Consciousness, Efficacy, Flexibility, Craftsmanship and Interdependence. Both of them are addressing several levels of factors in order to be successful. These factors are:

1. Environmental factors; involve considering where and when success occurs.
2. Behavioral factors; involve what must be done in order to succeed.
3. Capabilities; involve how actions are selected and controlled.
4. Benefits and values; involve how a special way is taken.

5. Identity factors; involve who perceives him/herself to be
6. Spiritual factors; involve whom or for what a specific action has been taken

All of the factors try to generate change and development in learner in order to develop His/her strengthens and eliminate negative behaviors. From this point of view, NLP and Cognitive Coaching work together to turn the potential ideals into actual practice and enhance ones mental, emotional, verbal, behavioral and relational performance. In order to reach the desired performance, Cognitive Coaching is applied by dividing the class into groups and makes the learners to discuss the topics and share their ideas together. Inevitably, working in groups improves communication skills, critical thinking, problem solving skills and ability to reflect the key components of NLP.

B. DEFINITION OF SOCRATIC METHOD

Cognitive Coaching and working in groups require students interaction, questioning and critical thinking to being able to self-evaluate themselves. This process is inextricably linked with Socratic method in which teacher engages the students actively in critical thinking process by asking questions instead of telling the topic and make them to get the answers by themselves.

C. SIMILARITIES BETWEEN NLP AND SOCRATIC METHOD

Similar to NLP, in Socratic Method, there is a shared dialogue between the teacher and students through questioning in order to examine the values and beliefs of the students. In order to be a critical thinker, Socratic Method helps the students to take rational risks. With regard to Socratic Method, the learner uses his/her mind to transfer the ideas via questioning. This process helps the learner to evaluate his/her individual knowledge of the topic. Like NLP, Socratic Method gives the student the opportunity to express his/her thought in his own words by his answers and it is exactly what NLP tries to do; in short, NLP, Socratic Method and Cognitive Coaching make the students to grow in their life.

CONCLUSION

I am quite convinced that what NLP tries to do is programming the learners to be aware of their personal thinking processes. Hence one of the methods which applies the NLP in class is socratic method. This method provokes the learners to think critically and solve the problems by themselves. It makes them to get the answers by asking questions and discuss the answers together. Research shows that one of the useful ways to stimulating students mind is working in groups and participating the topic together as socratic method suggests. Finally, NLP, Socratic method and Cognitive coaching incorporate to eliminate the negative behaviors and create a new perception of the world in the eyes of learners.