



NLP and Coaching for Health Care Professionals: Developing Expert Practice

Suzanne Henwood, Jim Lister

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NLP (Neuro Linguistic Programming) is a recognised and validated means of providing expert communication and personal effectiveness in both life and work contexts. It is well used in all contexts and is well established in the business world, but is yet to be widely used in health care practice (although is gaining ground in terms of improving health of individuals).

This book provides an accessible introduction to NLP for healthcare professionals. Breaking down any complicated terminology, it gives practical applications of all commonly used NLP tools, demonstrating their value and inspiring readers to apply them in their day-to-day work.

- Demonstrates NLP and coaching can be used in healthcare by practitioners to enhance their own practice, the service delivered by the team and improve patient care
- Highlights effective tools in coaching to make a difference in practice
- Demonstrates the value of self development through coaching to individuals in health care It is written as a practical tool kit, making development effective, accessible and fun

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