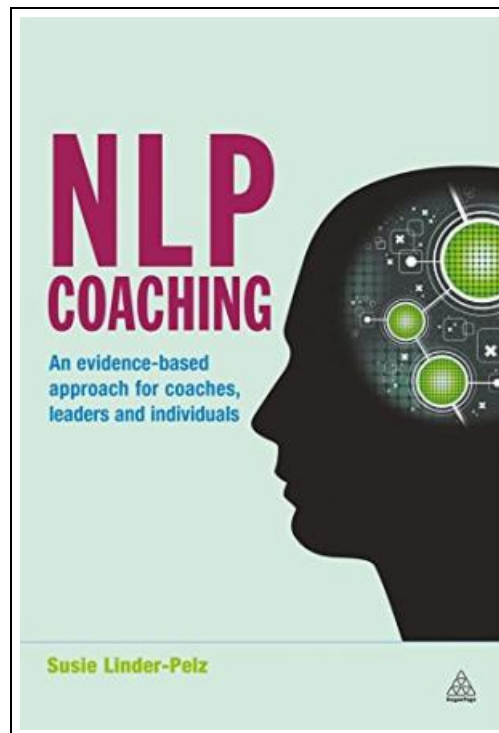


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NLP COACHING: AN EVIDENCE-BASED APPROACH FOR COACHES, LEADERS AND INDIVIDUALS



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Kogan Page Limited/Viva Books, 2010. Hardcover. Condition: New. First edition. What exactly is NLP coaching? ? What practices does it share with other approaches and which are distinct to NLP? ? Is it a valid methodology? NLP (Neuro-Linguistic Programming) is believed by many to be a powerful set of tools for facilitating change and enhancing performance. Yet, despite the success stories and proliferation of courses, there is still much skepticism about its validity and effectiveness. In NLP Coaching Susie Linder-Pelz brings, for the first time, an evidence-based perspective to this coaching methodology. She explains how and where NLP coaching is used, examines its links to established principles and practices, and questions aspects of NLP where the empirical evidence is missing. Providing numerous case studies and real-life examples, she shows how NLP assists personal, professional, team, leadership and organizational development. The book includes contributions from leaders in the field: Andrew Bryant, Michelle Duval, Joseph O'Connor, Paul Tosey and Lisa Wakee. Contents: Introduction ? What is NLP? ? Questions this book addresses ? Who is this book for? ? My researcher-practitioner perspective ? Mind the gap ? Outline of chapters ? Part 1 NLP and coaching ? What is NLP coaching? ? A bit of background ? The goal of NLP coaching ? Modelling is the key ? Catching a coach at work ? The skills an NLP coach uses ? The ?magic? of NLP ? Invisible glue ? Five faces of organizational coaching ? Coaching issues ? Meeting industry standards ? NLP coaching vs NLP practice ? Packaging NLP coaching ? Meeting professional coaching standards ? Shifting paradigms ? Science and post-modernist inquiry ? Humanistic and positive psychology ? Convergence of neuroscience and psychology ? Part 2 An evidence-based approach to NLP coaching ? Best practice is evidence-based ? What does...



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