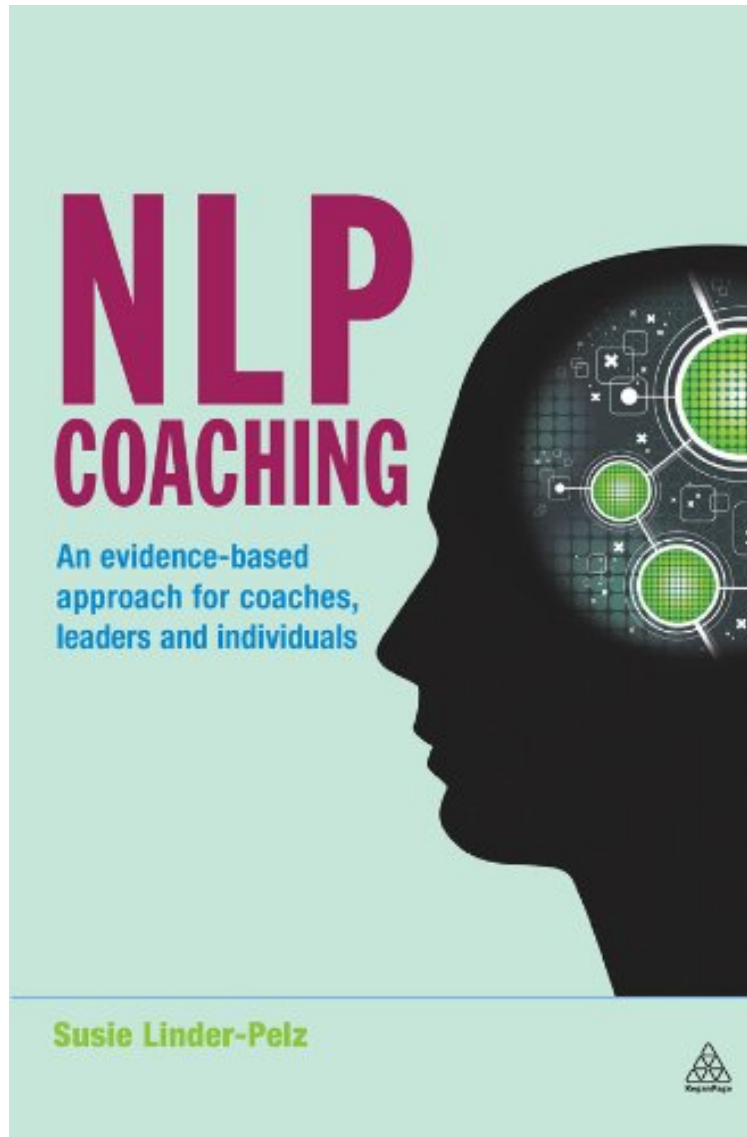


NLP Coaching: An Evidence-Based Approach for Coaches, Leaders and Individuals

Susie Linder-Pelz

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#1167594 in eBooks 2010-02-03 2010-02-03 File Name: B00AXDJH4O .99 | File size: 15.Mb

Susie Linder-Pelz : NLP Coaching: An Evidence-Based Approach for Coaches, Leaders and Individuals before purchasing it in order to gauge whether or not it would be worth my time, and all praised NLP Coaching: An Evidence-Based Approach for Coaches, Leaders and Individuals:

0 of 0 people found the following review helpful. Five StarsBy Nicol HeardAwesome book very easy to read0 of 0 people found the following review helpful. Five StarsBy AgnesFascinating! You can find everything related to NLP coaching here.2 of 3 people found the following review helpful. An excellent reference book for coachesBy Lisa de

RijkThis book provides an excellent context for understanding NLP from a coaching perspective. A 'must read' for coaches, HR professionals, organisations who use coaching as a people development tool, and any individual who wants to understand coaching from an evidence based perspective. The book evaluates NLP from an enquirer perspective, addressing three fundamental areas: what is NLP based coaching and how does it relate to wider industry standards for coaching; evidence based NLP and best practice and how it relates to other applied psychologies; the researcher practitioner and recent developments. Susie's writing is enjoyable and is balanced between providing the evidence base with practical examples and a thorough knowledge of NLP and Coaching.

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 the validity and effectiveness of NLP. 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. She reviews recent developments in NLP-based coaching practice and proposes a specific research agenda that will move NLP coaching towards an evidence-based approach. *NLP Coaching* provides numerous case studies and real-life examples which show 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 Wake.

"Linder-Pelz, an NLP coach, reflects on whether neurolinguistic programming (NLP) as a distinctive methodology deserves to be taken seriously by coaching professionals. The book defines NLP coaching and evaluates its effectiveness in comparison with other cognitive behavioral and solution-focused coaching models and methods. It explains how and when NLP coaching is used, looks at distinctions between NLP coaching and NLP practice, evaluates the empirical evidence on NLP, and questions aspects of NLP where empirical evidence is lacking. Case studies and real-life examples show how NLP fits into the wider field of psychology." -- Book News Inc. About the Author Dr. Susie Linder-Pelz was an academic behavioral scientist in health before developing a successful coaching practice grounded in NLP, Neuro-Semantics, and cognitive behavior psychology.