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Nota di contenuto	COVER; Contents; About the Author; Acknowledgements; Introduction; PART 1 - The Development of NLP and Coaching Psychology; 2 The History of Coaching; 3 What is NLP Coaching?; PART 2 - Understanding NLP and Supporting Psychological Principles; 4 NLP Coaching Psychology: Theories and Principles; 5 NLP Presuppositions; 6 The Meta Model; 7 The Milton Model; 8 Reframing:The Cognitive Element; 9 Anchoring:The Behavioural Connection; 10 Eye Accessing Cues; 11 Meta Programs; 12 Modelling; 13 Systems Thinking; 14 Basic NLP Coaching Models; PART 3 - The Evidence for NLP Effectiveness 15 Meeting Professional Coaching Standards16 Research: Who Says This All Works?; 17 NLP Resources; 18 Conclusion:Where NLP Goes From Here?; Appendix; References; Index
Sommario/riassunto	Packed with practical hints and tips, case studies and exercises, this text demystifies the popular view of NLP, providing a clear and practical guide to understanding the psychological theories and principles that form the basis of the approach.