



## An Introduction to Coaching For the Health and Social Care Sectors

*Dilys Jones, Peter Murphy*

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An Introduction to Coaching Skills for the Health and Social Care Sectors focuses on coaching as a way of motivating and developing the skills and expertise of people on an everyday basis for the benefit of the person concerned and for the organisation. Coaching is best seen in the organisational context as a useful tool that can be used as an adjunct to a number of other tools and approaches. It can be carried out by a line manager or other colleagues trained in coaching skills or by coaches who are contracted by the organisation.



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