



# Coaching and Mentoring in Health and Social Care: The Essential Manual for Professionals and Organisations

*Julia Foster-Turner*

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# Coaching and Mentoring in Health and Social Care: The Essential Manual for Professionals and Organisations

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## **Coaching and Mentoring in Health and Social Care: The Essential Manual for Professionals and Organisations** Julia Foster-Turner

This book provides a solid grounding in the key principles and practice of coaching and mentoring and explains how this connects with current thinking in the Health and Social Care sectors. It offers comprehensive, step-by-step guidance on the process with a wide range of tools and techniques to explore. "Coaching and Mentoring in health and Social Care" challenges the reader to consider issues about the motivation, personal development, standards and ethics of coaches, mentors and their practice based on current and emerging best practice in the field. The concepts and techniques explored within the book draw from the knowledge and expertise of people at the leading edge of coaching and mentoring. The book covers the breadth of most coaching and mentoring relationships, the organisational preparation and context needed to support them and the key factors to attend to in order to ensure quality. It is ideal for practicing and aspiring healthcare mentors and coaches, managers and leaders involved in staff development, and HR practitioners, trainers and educators. It will also be of interest to practitioners with a general interest in facilitating personal development.

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