

Better Health & Wellbeing Professionals

Ask Better Questions



Do you want to make a bigger difference in people's lives, by enabling them to manage their own Health & Wellbeing?

You have the ability to achieve this through one conscious act.... by changing the way you communicate with people. Communication typically consists of too much TELLING and not enough ASKING, which inhibits people taking responsibility for their own lives.

This 'easy read' book gives practical tips that will enable you to enhance your communication skills and professional practice so that you can empower Patients/Clients. This will result in more engagement and motivation towards self-care, and less dependence upon services that are already struggling to cope. Ultimately, this will lead to healthier and happier people in the world.

Develop best practice in your communication - become a *Potentialiser* and bring out the best in your Patients, Clients and Colleagues.

POTENTIALISER - *po-ten-ti-a-li-ser*

Meaning: Releaser of amazingness in others



Lindsay Tighe

Lindsay is the founder of **Better Questions** and is a successful and highly regarded speaker, business woman, author and coach who is passionate about inspiring others to improve their own lives and the lives of others

Described as inspirational, wise and intuitive, Lindsay lives and breathes the philosophy that if you ask a better question you will get a better answer. She is committed to changing the world by helping people to have more empowered thoughts and conversations with each other to tap into their own 'amazingness'.



Heather-Jane Gray

Heather-Jane is the founder of **Synergy Global**, an international effectiveness practice that fully supports *Better Questions*. She has spent most of her career leading change across a variety of Health & Wellbeing Services - as an RN and later an Executive.

With a strong history of patient/client advocacy she shares Lindsay's passion for empowering people through questions - especially releasing the innate wisdom of people who find themselves in vulnerable situations. Whilst professionals are taught communication skills, they can always be 'polished'.

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