

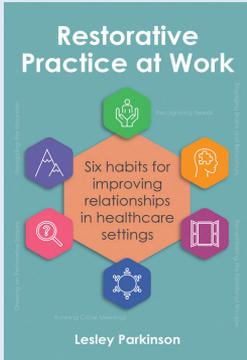


Restorative Practice at Work:

Six habits for improving relationships in healthcare settings

Lesley Parkinson

Demonstrates how restorative practice can be used to help address day-to-day challenges faced in healthcare by developing a set of six complementary habits.



Restorative practice is emerging in healthcare settings and systems as a highly effective means of improving relationships and enabling positive change. It consists of a set of theories, principles, skills and processes that shape our thinking around the way we interact with others. When restorative practice is adopted consistently within and between teams, it becomes 'the way we do things round here', a set of restorative practice 'habits' that we all recognise, use and refer to.

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Restorative Practice at Work identifies a set of six complementary habits which will help to change and improve everyday communications in healthcare. These habits demonstrate how restorative practice can help to ease some of the daily challenges faced by healthcare professionals and foster more effective working relationships, potentially leading to improvements in patient care.

Lesley firmly believes that restorative practice habits can ease the current pressures on the health service by enabling better relationships, better communication and a focus on positive mental health. It can also be part of key solutions: staff engagement and retention, team cohesion, patient safety and care, culture change and improvement.

The book offers practical and engaging takeaways to help you get started with restorative practice and includes real-life insight and case studies from experienced healthcare professionals.

About the author:

As Executive Director at Restorative Thinking, **Lesley Parkinson** supports a restorative education for all (including pupils, children, parents and carers, workforce professionals, young and adult offenders), promoting key life skills in restorative practice via training programmes and consultation.  @Re__Thinking



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