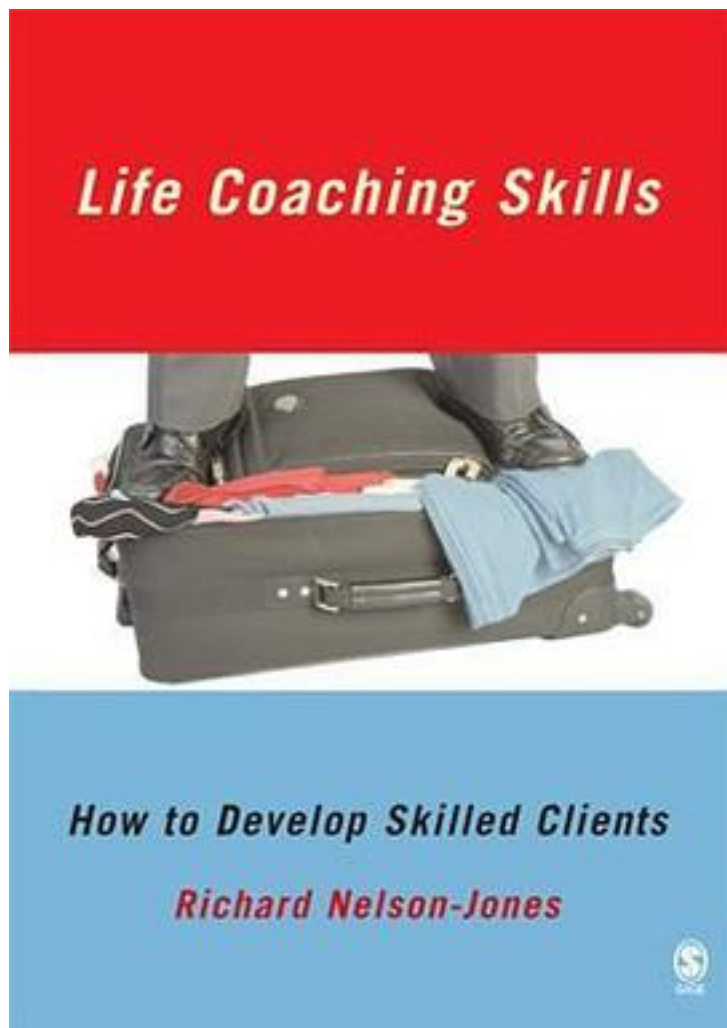


Life Coaching Skills



[Life Coaching Skills_下载链接1](#)

著者:Nelson-Jones, Richard

出版者:Sage Pubns

出版时间:2006-11

装帧:HRD

isbn:9781412933933

'Life Coaching Skills by Dr Richard Nelson-Jones is an excellent introduction to this

rapidly expanding field of work. I can thoroughly recommend this book for both experienced and neophyte coaches. Practitioners from other professions and the layperson may also find the skills useful' - Professor Stephen Palmer, Coaching Psychology Unit, City University 'This book provides a wealth of information and expertise founded on tried and tested interventions and cannot fail to improve the skill level of existing coaches as well as those entering the Life Coaching arena' - Gladeana McMahon, Head of Coaching Fairplace plc, Co-Director, Centre for Coaching Life coaching is a rapidly growing area with more and more people seeking help to lead satisfying and successful lives. Life Coaching Skills provides a practical introduction to the skills needed to be an effective life coach and incorporates a wide range of practical activities for coaches to use to help their clients develop self-coaching skills. Written by leading skills expert, Richard Nelson-Jones, the book presents a four stage life coaching model based around the core concepts of relating, understanding, changing and client self-coaching. It explores the central skills of coaching used within the model including: establishing the coaching relationship; assessment and goal setting; presentation; demonstration, and consolidation. The main focus of the book is on one-to-one life coaching particularly concerning relationship, work, and health issues. The specific skills needed for working with groups are also discussed and ethical issues and dilemmas related to coaching are explored. Life Coaching Skills is ideal for anyone interested in becoming a life coach and for use in training.

作者介绍:

目录:

[Life Coaching Skills_ 下载链接1](#)

标签

评论

[Life Coaching Skills_ 下载链接1](#)

书评

[Life Coaching Skills_下载链接1](#)