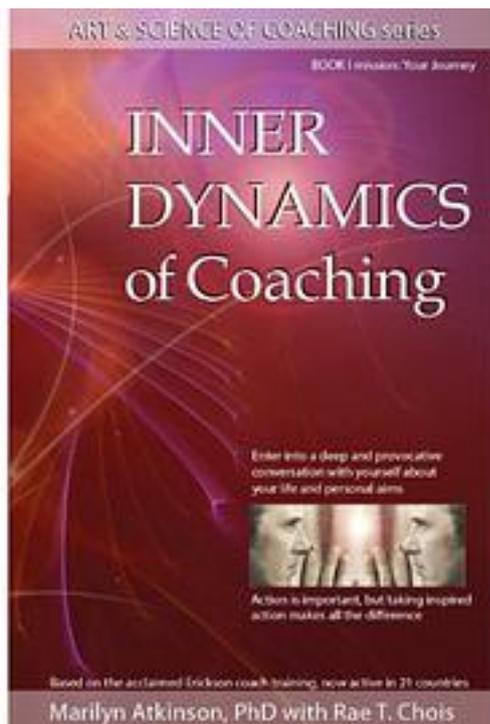


The Art & Science of Coaching



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Outside of religious and political movements there is one major human development movement in the world today - solution focused coaching!

The three books in the Art & Science of Coaching series go to the heart of this phenomenon. They show you why coaching is on the rise and provides processes for you to learn the power and methodologies of coaching conversations.

Book 1, The Inner Dynamics of Coaching, is about the power of perspective in transformational conversations. By using these finely tuned processes, you learn to

connect with your beyond-conscious mind as a deep friend. You can help yourself and others clearly distinguish the nature of deeper knowing.

作者介绍:

Marilyn Atkinson, PhD, is founder and director of Erickson College International. As creator of The Art & Science of Coaching, a coach training program accredited through the International Coach Federation, she is known internationally as an expert performance and creativity coach who supports flexible access to core transformation. Considered by many to be the founder of coaching in Russia, she currently devotes 280 days per year to her passion, training coaches worldwide.
 Rae T. Cho is an ICF Master Certified Coach, Erickson coach trainer, co-author of the Making Powerful Choices program, and founder of BLISSciplineAIM.com. She has studied human development technologies for the past fifteen years and is recognized for her passion and talent as a transformational coach and trainer engaging audiences and clients worldwide. Rae has created numerous programs that awaken the genius in people to lives lives of joy, authenticity, and fulfillment.

目录: Dedication.....	i
An Acknowledgment.....	iii
List of Figures	xiii
Introduction	xv
Knowing Where to Tap	xv
This Book’ s Mission: Your Journey	xvi
The Art & Science of Coaching Series.....	xix
Erickson Coaching International:	
Our Passionate Purpose	xx
My Story and the Development of this Work.....	xxi
How to Use This Book	xxiii
Make Your Exploration	
a Commitment to Self-Development	xxiv
Your First Step in Getting Started	xxv
1 How to Play the Master’ s Game:	
A Coaching Approach.....	1
Awaken the Genius within Yourself and Others	2
True Transformational Conversations	5
Art & Science of Coaching: Inner Dynamics	
viii	
How to Play the Master Game	6
Your Hu-Man Design	9
Integration Stretch Exercise	13
2 Your Brain and How It Works	17
Milton and the Runaway Horse	18
Your Reticular Brain	20
Your Emotional Brain	22
The Cerebral Cortex	25
Development of Language Systems	27
The Power of Visualization:	
Taking a Virtual Tour of the Brain	28
Reticular Brain Tour	29
Emotional Brain Tour	30
Cerebral Brain Tour	32

3 The Beyond-Conscious Mind:	
Your Integrity System.....	35
Helen Kellar: How to Create a “Human” Mind	36
Integrating Your Mind-Brain System	37
The Nature of the Conscious Mind	38
The Beyond-Conscious Mind: Your Integrity System.....	40
Qualities of the Deeper Knowledge System	41
Beyond Gremlin Thinking	42
Open-Ended Questions	
Link to the Beyond-Conscious Mind	44
Brainstorming with the Deeper Knowledge System:	
An Exercise	47
Three Chairs Brainstorming	48
The Inner Brainstorming Process for Two:	
Explorer A and Coach B:	49
The Three Chairs Exercise Quick Overview of Steps	50
Example Questions for the Inner Brainstorming Exercise	52
ix	
4 The Four Phases of Any Life Project	53
Breakthrough on the Trans-Canada Highway:	
The Trucker and the Hitchhiker	54
The Four Developmental Steps of Intention	57
The Four Stages of Planning and Achievement	60
Projecting Yourself Forward	64
Stage One: Inspiration	66
Stage Two: Implementation	66
Stage Three: Value Integration	67
Stage Four: Completion and Satisfaction	68
Exercise: Your Diamond Mind as an Operating System ...	71
5 The Mind Matrix:	
How Do Humans Sustain Change?.....	77
The Story of Karl Wallenda	78
Navigating the Mind Matrix	80
The Gray Haze of Incompletion	81
What Gets in the Way?	82
The Good News: Beckhard’ s Formula	84
Power from Inside: The Four Stages of Mastery	86
Stage One: Formulation	87
Stage Two: Concentration	88
Stage Three: Momentum	90
Stage Four: Mastery	92
The Mind Matrix Mastery Exercise	94
Formulation	95
Concentration	95
Momentum	96
Mastery	96
6 Resistance and the Four Gremlin Doors	99
What is Integrity?	100
Gremlin Habits and How They Work	101
Art & Science of Coaching: Inner Dynamics	
x	
Fear of Dreaming	102
Fear of Failure: Victim Identification	104
Fear of Upsetting People: System Identification	106

Fear of Conflict: Conflict Identification	108
Dealing with Gremlins	111
More on the Formula for Change in the Land of Gremlin Thinking	112
The Power of Daily Self-Coaching	113
Can We Change on Our Own?	116
What Does It Mean to Have Transformational Conversations?	116
Feedback Frame versus Failure Frame	118
7 A Foundational Focus: Partnering with Principles.....	121
Erickson’s Five Fundamental Principles	122
The Bengal Tiger Under the Bed	122
The Erickson Fundamentals	123
The Sunglasses Exercise	133
8 Intention and Attention: Aligning Thinking, Feeling, and Doing.....	137
Can We Follow the Track?	138
Developing Your Internal Power	141
Attention	145
Intention	147
Aligning Intention and Attention	148
Exercise 1: Intention and Attention	151
Exercise 2: Bringing Them Both Together	152
Exercise 3: Adding Movement or Rhythm to Your Visualization	153
9 The Call of Integral Happiness.....	155
The Meaning of Happiness	156
Waiting for Happiness	157
xi	
I.A.M. Developing Happiness	158
Happiness Quotients	160
IQ, MeQ, EQ, and WeQ	161
The Four Brain Systems of Happiness	163
A Deeper Look at Creating Sustainable Happiness	165
The Intentional/Creative Focus: Purpose	166
The Results Focus: Achievement	167
The Social Focus: Shared Experience	167
The Spiritual Focus: Legacy	169
10 The Hero’s Journey: Your Life’s Calling	173
The Vision of a Heroic Life	174
The Hero’s Journey	174
The Hero of Your Own Life Story	177
Expressing the Big H	178
Mastery and Happiness	179
Celebrating the State of Happiness	180
Powerful Cherishing	181
Celebrate the Journey Every Day with Words	181
Exercise: Shining Your Happiness Potential	183
Applying the Wisdom: Affirmations	185
Continue to Explore Art & Science of Coaching	197
Meet the Authors	199
Suggested Readings	203

Erickson College International Locations ... 207
Notes 209
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书评

文 | 李伟诚 001

这是一本讲教练技术的书，作者是埃里克森国际学院的创办者和院长，玛丽莲·阿特金森博士。这也是《教练的艺术与科学》系列的第一本，这个系列名称也是埃里克森学院独创的一套系统化的教练培训课程名称。002
本书比较浅显，相对更适合作为窥探教练技术的入门书...

这是一本儿神作，开始浏览书后总结的时候，发现什么也看不懂！
决定从头开始，读一下！

本书的内容和nlp其他书籍内容有一定的重复，但还是给人耳目一新的感觉！其中的练习都非常有用！
即使不去做一名教练，自己做自己的教练，也是非常有帮助的！非常感谢作者！
没有摘抄书中的...

这本书是埃里克森教练的入门书，刚第一次看的时候仿佛打开了另一个世界，与理工科思维完全不同的次元，各种生命、能量、爱、状态之类的感性词汇完全不能理解，硬着头皮读的。
但是，大半年过去后，再回头看我们这群学习埃里克森的伙伴，没有迷茫、没有焦虑，洋溢着自信和生命的...

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