

# Coaching Skills



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'This book is extremely useful for those beginning their careers in coaching and taking introductory and practitioner level courses. It is practical, accessible and covers core skills that will serve the practitioner well' - Professor David Lane, Middlesex University. Review of the first edition: 'I have just read my first - and probably last - whole book on coaching. It is my last because it has done the job, giving me the most comprehensive examination of the art' - David Amos, former Deputy Director of HR at the DoH, writing in the "Health Service Journal". What is coaching? How is it different from therapy or counselling? What techniques does an effective coach use? The first edition of this book was described by many training organisations as 'The Coach's Bible' - and the second edition is no exception. It offers friendly, accessible and practical advice, which any coach can adapt to their own work. The book is brought to life using case studies and examples, helping readers to acquire the skills that are essential for becoming an outstanding coach. The new edition has been revised and updated throughout and contains: A more extensive treatment of the blocks and barriers to change in clients; a new chapter on 'Coaching and Change'; new coverage on goal-setting; an extended treatment on the nature of the coach-client relationship; further advice on assessing what a client really needs; and, further reflections and advice on the psychology of what makes the client-coach relationship work. "Coaching Skills: A Handbook" is

essential reading for executive and life coaches, as well as managers who want to learn how to adapt coaching as an approach to leadership.

作者介绍:

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