

The Coaching Manual The Definitive Guide To The Process Principles And Skills Of Personal Coaching By Starr Julie 2010 Paperback

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Live Big - Ajit Nawalkha 2018-12-11

You have the power to accomplish goals, create an impact, and live the life you want. The key to achieving what you set out for--in business and in life--doesn't lie in perfectly executed strategy. The greatest tool you have is your own mindset—it determines your ability to adapt and persevere. And, like any other tool, you can employ it to your advantage. While most aspiring entrepreneurs think the next business strategy will manifest the life they desire, successful entrepreneurs know it's the emotional and mental "shifts" that will bring you closer to your goals. No one is better equipped to explore these shifts than Ajit Nawalkha, cofounder of Mindvalley and one of the world's leading entrepreneurs and business coaches. In *Live Big: A Guide to Passion, Practicality, and Purpose*, Nawalkha shares 25 shifts—changes in your mental, physical, emotional, or even spiritual state—that will propel you on your road to success. Through Nawalkha's expertise, discover how this book will:

- Bring you out of any funk or stagnant revenue cycle
- Give you the emotional, spiritual, and mental power to fight the ups and downs of business
- Show you ways to deal with everyday challenges, find comfort in them, and get past them in 20 minutes or less
- Help you cope with 'entrepreneurial anxiety' and find purpose, passion, and bliss in your business

Live Big is the go-to guide for business owners and entrepreneurs who want to be in a state of flow and creativity, to ensure your passion is backed by purpose and practicality. With principles and foundational thinking habits that allow you to move from a place of defeat and anxiety to one of joy and contribution to humanity, this book will serve as a compass that you can pick up and find direction to keep moving forward in today's world of entrepreneurship.

SPIN® -Selling - Neil Rackham 2020-04-28

True or false? In selling high-value products or services: 'closing' increases your chance of success; it is essential to describe the benefits of your product or service to the customer; objection handling is an important skill; open questions are more effective than closed questions. All false, says this provocative book. Neil Rackham and his team studied more than 35,000 sales calls made by 10,000 sales people in 23 countries over 12 years. Their findings revealed that many of the methods developed for selling low-value goods just don't work for major sales. Rackham went on to introduce his SPIN-Selling method. SPIN describes the whole selling process: Situation questions Problem questions Implication questions Need-payoff questions SPIN-Selling provides you with a set of simple and practical techniques which have been tried

in many of today's leading companies with dramatic improvements to their sales performance.

[The Coaching Manual ePub eBook](#) - Julie Starr 2013-10-18

Widely recognised as a leading practical handbook on coaching, *The Coaching Manual* combines an understanding of coaching principles, skills, attitudes and behaviours, along with practical guidance and a comprehensive tool kit for coaches. *The Coaching Manual* demystifies the full coaching process, from first step to final meeting. This is the complete guide to coaching and includes: models, perspectives, skills, case studies, tips and advice.

Brilliant Coaching 3e - Julie Starr 2017-06-30

Every manager and leader has the potential to be a brilliant coach. Great coaching increase people's engagement, learning and performance. Coaching is the must-have leadership skill that helps you get the best from your team, and *Brilliant Coaching* shows how you can have it too. By adopting methods specifically developed and proven in business, you'll discover what it takes to be a leader or manager who can coach, and apply simple coaching principle in everyday scenarios. With *Brilliant Coaching* you'll unlock your inner coaching ability and reap the visibly rewards quickly. · Feel confident in your ability to be a great coach · Put core coaching skills into action · Increase performance in your workplace 'Extremely effective tips on coaching principles backed up by true-to-life examples and exercises throughout. A "brilliant" tool for success.' Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

[The Coaching Manual](#) - Julie Starr 2021-07-12

The Coaching Manual is based on methods developed - and proven -in business, this highly practical book will show you how coaching works, take you step-by-step through everything you need to know and do, and show you how both parties can get the best from the relationship

Life Coaching - Dave Ellis 2006

Life coaching is not therapy, but many of the qualities that therapists possess, naturally lend themselves to a life coaching approach. This is a guide to turning your natural people-helping skills into a profitable life coaching business. It appeals to therapists and counsellors used to

conducting therapeutic interventions.

Coaching Psychology Manual - Margaret Moore (MBA) 2015

[The Coaching Manual](#) - Julie Starr 2003

The definitive practical guide to all the tools, techniques and skills that any would-be personal coach needs to master.

Executive Coaching for Results - Brian O. Underhill 2008-12-03

Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training - Patrick Williams 2007-03-17

Master-certified life coaches with the Institute for Life Coach Training, founded by Williams, introduce life coaching as an "operating system" for helping people navigate life transitions. After reviewing the history of this new profession, they discuss the skills entailed; distinctions between coaching, consulting, mentoring, and therapy; defining/refining life purpose; and dealing with obstacles by developing "flexible optimism." Chapters drawing on eclectic sources (e.g., poets, psychologists, *The Purpose-Driven Life*) include frequently asked questions, exercises for both coaches and clients, and resources.

[The OKRs Field Book](#) - Ben Lamorte 2022-03-09

Take your OKRs coaching skills to the next level with this practical handbook. In *The OKRs Field Book: A Step-by-Step Guide for Objectives and Key Results Coaches*, Ben Lamorte, a seasoned coach and management science expert, provides a structured approach for implementing objectives and key results. This book provides tips and tools that enable you to coach your OKRs clients with confidence. Lamorte analyzes foundational questions that must be answered prior to deploying OKRs and the roles required to sustain an OKRs program. Packed with excerpts from actual OKRs coaching sessions, this step-by-step guide shines a light on the OKRs coaching process. You learn how to help your client refine key results that look like tasks into key results that reflect measurable outcomes. In addition to sample training workshop agendas and coaching emails, Lamorte introduces the first comprehensive list of OKRs coaching questions. The field book covers how to: Structure an OKRs coaching

engagement using a three-phased approach. Avoid common pitfalls such as cascading OKRs based on the org chart. Ensure your client asks the right questions at each step of the OKRs cycle. Perfect for external coaches and business mentors looking for a repeatable structure to help their clients succeed with OKRs, The OKRs Field Book is also an indispensable resource for internal coaches looking to support their organization's OKRs program.

Brilliant Coaching 2e - Julie Starr 2013-09-06
Coaching is fast becoming the must-have leadership skill and this book shows how anyone can become a brilliant coach at work. Based on methods specifically developed and proven in business, you will discover what it takes to be a coach, how to use the core coaching methods and how to apply these to common coaching scenarios. Containing simple, practical ways to becoming a brilliant coach at work, you will be able to unlock your own unique coaching ability and reap the rewards in no time at all! •

BRILLIANT OUTCOMES: - Understand what coaching really is - Feel confident in your ability to be a great coach - Put core coaching skills into action.

The Complete Guide to Coaching Soccer Systems and Tactics - Jacob Daniel 2004-03
This truly complete tactical coaching manual covers the Principles of Attack and Defense, Team Shape, Man-to-Man and Zonal Marking, Formations, Positions and Roles, Coaching Methods, Patterns of Play, Possession, Substitutions and more. Well written and full of clear and precise diagrams, this book is perfect for coaches at any level.

Coach's Guide to Teaching - Doug Lemov 2020-12-07
The mark of a great coach is a constant desire to learn and grow. A hunger to use whatever can make them better. The best-selling author of Teach Like a Champion and Reading Reconsidered brings his considerable knowledge about the science of classroom teaching to the sports coaching world to create championship caliber coaches on the court and field. What great classroom teachers do is relevant to coaches in profound ways. After all, coaches are at their core teachers. Lemov knows that coaches face many of the same challenges found in the classroom, so the science of learning

applies equally to them. Unfortunately, coaches and organizations have a mixed level of understanding of the research and study of the science of learning. Sometimes coaches and organizations build their teaching on myths and platitudes more than science. Sometimes there isn't any science applied at all. While there are thousands of books and websites a coach can consult to better understand technical and tactical aspects of the game, there is nothing for a coach to consult that explicitly examines the teaching problems on the field, the court, the rink, and the diamond. Until now. Intended to offer lessons and guidance that are applicable to coaches of any sporting endeavor including everyone from parent volunteers to professional coaches and private trainers, Lemov brings the powerful science of learning to the arena of sports coaching to create the next generation of championship caliber coaches.

Copenhagenize - Mikael Colville-Andersen 2018-03-29
Urban designer Mikael Colville-Andersen draws from his experience working for dozens of cities around the world on bicycle planning, strategy, infrastructure design, and communication. In Copenhagenize he shows cities how to effectively and profitably re-establish the bicycle as a respected, accepted, and feasible form of transportation. Building on his popular blog of the same name, Copenhagenize offers entertaining stories, vivid project descriptions, and best practices, alongside beautiful and informative visuals to show how to make the bicycle an easy, preferred part of everyday urban life.

Coaching Skills: A Handbook - Rogers, Jenny 2012-04-01
Coaching Skills: A handbook, Third edition introduces the reader to the core skills needed to become a great coach.

Complete Guide to Special Teams - American Football Coaches Association 2005
"Complete Guide to Special Teams is the authoritative resource on the kicking game for coaches and players"--Page 4 of cover.
The Nurse Executive's Coaching Manual - Kimberly A. McNally 2010
The Nurse Executive's Coaching Manual provides a complete overview of coaching: its value, models, how to hold a coaching

conversation, assessments, and self-development strategies for the coach. Content is useful for coaching health care leaders from a variety of backgrounds, not just nursing. Reader exercises encourage practical application of material. Appendices include coaching model, assessment of core competencies, and a sample agreement form.

Coaching Skills - Jenny Rogers 2016-05-11

Occupational Performance Coaching - Fiona Graham 2020-07-09

This book presents a definitive guide to understanding, applying, and teaching Occupational Performance Coaching (OPC). Grounded in principles of occupational therapy, person-centredness, and interprofessional frameworks of health and disability, this book will be of interest across health and rehabilitation professions. Supporting people affected by disability to do well and live the life they want is the ultimate outcome of all rehabilitation professionals, no matter where on the lifespan our clients sit. Coaching is increasingly recognised as highly effective in achieving this aim. This accessible manual provides case examples related to diverse health conditions alongside practitioner reflections. Uniquely, this manual presents coaching methods designed specifically for the rehabilitation environment. This book is a manual for practitioners, researchers, students, and lecturers interested in gaining a robust understanding of OPC methods, theoretical basis, and implementation. An e-Resource linked to the book provides access to video demonstrations, a podcast from Dr Graham, and downloadable materials including a self-assessment of OPC skills (OPC Fidelity Measure), templates for clinical work, and teaching presentation material.

Instructional Coaching - Jim Knight 2007-05-01

An innovative professional development strategy that facilitates change, improves instruction, and transforms school culture! Instructional coaching is a research-based, job-embedded approach to instructional intervention that provides the assistance and encouragement necessary to implement school improvement programs. Experienced trainer and researcher Jim Knight describes the "nuts and bolts" of

instructional coaching and explains the essential skills that instructional coaches need, including getting teachers on board, providing model lessons, and engaging in reflective conversations. Each user-friendly chapter includes: First-person stories from successful coaches Sidebars highlighting important information A "Going Deeper" section of suggested resources Ready-to-use forms, worksheets, checklists, logs, and reports
Becoming a Coach - Jonathan Passmore 2020-11-24

Authored by masters in the field of coaching, this book is designed as a course textbook for those studying coaching in general, but with a specific reference to the updated competences introduced by the International Coaching Federation in 2020. It focuses on core coaching skills, knowledge, and developing self-awareness. This is a definitive text for coach training and go-to guide for those undertaking ICF-accredited programs throughout the world. This book helps readers equip themselves with the skills and knowledge needed to develop as a professional coach. It encourages readers to reflect on who they are, what they can do, and how they can enhance their skills. By drawing on the Gold Standard for coach training and the latest coaching research, this book ensures that a trainer's practice is well informed by evidence and is up to the highest professional standards.

The Complete Book of Coaching Youth Soccer - Simon Whitehead 1991-04-22

This is the definitive manual for coaching America's fastest-growing sport for kids aged 8-19. Written for both beginning and seasoned coaches, *The Complete Book of Coaching Youth Soccer* shows you--in concise, easy-to-understand terms--how to organize, motivate, and lead your youth soccer team to success on the field. Included are: Step-by-step teaching points Rules and strategies of the game More than 100 illustrative diagrams More than 75 practice and competitive drills Complete 10-week season plans for each of three separate age groups Designed for easy, on-the-field reference, author Simon Whitehead's proven practice drills are designed progressively to develop maximum skills for both individual and team play. Simon Whitehead lives in Minneapolis and has coached high school and college soccer

in England and in the United States for more than ten years. Using proven European teaching methods, he shows the soccer coach how to maximize each young player's enthusiasm, involvement, and personal success in soccer.

A Manager's Guide to Coaching - Anne Loehr
2008-04-02

To stay on top, companies need to do more than just tread water—they need to grow. And that means that their employees need to develop and improve their skills at the same pace. More than ever, managers are being encouraged to improve employee performance through effective coaching, but so few of them have the time—or the knowledge—it takes to do it successfully. Brian Emerson and Ann Loehr have spent years showing some of the country's top companies how to develop their most promising employees. Now in this helpful manual they guide managers through every step of the coaching process, from problem solving to developing accountability. Readers will discover: the top 10 tips every manager should know before he starts to coach • how to handle difficult conversations, conflicting priorities, and problem team members • how to hold follow-up meetings after goals and priorities have been set • sample questions they can adapt to various situations • examples of common problems and how they can use coaching to address them. Clear, practical and straightforward, this is an invaluable tool that will help all leaders coach employees, colleagues, and themselves to excellence.

A Shift in Being - Leon Vanderpol 2019-05-22
As visionary and illuminating as it is instructive and practical, *A Shift in Being* is a guide for all those who desire to support others to explore and transform their inner world, and to embody new levels of personal reality. This book takes you on an inspiring journey that reveals how transformational coaching is perfectly positioned to enable people to experience and express their true selves. Not by using an intellect-driven, 'figure it out' approach, but by shifting their attention to what is emanating from deep within. Their paradigm then shifts, radically changing how they experience themselves and the world around them. In clear, relaxed prose, Leon VanderPol takes you through the process of facilitating soul-deep transformation, masterfully

weaving together coaching, healing, psychology, and spirituality with an in-depth knowledge of what it takes to open people to their highest truths.*The first part explores the stages, patterns, and dynamics of human transformation--essential knowledge for all those who do transformative work. *The second part introduces the Deep Coaching approach and nine transformative practices that will forever change the potentials of your work. In fact, *A Shift in Being* will change your life - and through you, the lives of others.

Conscious Coaching - Brett Bartholomew
2017-03-08

In the world of strength and conditioning, learning how to move others—not just physically, but also psychologically and emotionally—is paramount to getting the most out of them. People are the ultimate performance variable, and understanding how to effectively blend knowledge of proper training with the nuances of human behavior is integral to helping athletes achieve their ultimate goals. Unfortunately, while much attention has been given to the science of physical training, little attention has been given to the science of communication. *Conscious Coaching: The Art and Science of Building Buy-In* bridges this gap. Readers learn the foundational principles of improving relationships, enhancing engagement, and gaining the trust of athletes through targeted communication. And, every bit as important, readers also learn concrete strategies to apply these principles in day-to-day coaching situations they will inevitably encounter. The result is a game-changing book that sets the stage for coaches to create a culture of success not only within sport, but also beyond. *Conscious Coaching* is a movement and its time has come.

The Coaches' Handbook - Jonathan Passmore
2020-10-16

This comprehensive practitioner guide provides an accessible evidenced based approach aimed at those new to coaching and who may be undertaking coach training for a certificate in coaching or professional credentials or accreditation with the AC, ICF, EMCC, CMI or ILM. The book will also be useful for those who want to enhance their coaching skills. *The Coaches Handbook* is edited by Jonathan Passmore, an internationally respected expert

and executive coach, with chapters from leading coaching practitioners from across the world. The book is divided into seven sections. Section one examines the nature of coaching, its boundaries, the business case for coaching and how organisations can build a coaching culture. Section two focuses on deepening our self-understanding and understanding our clients, the non-violent communications mindset and the coaching relationship. Section three focuses on the key skills needed for coaching including goal setting, powerful questions, active listening, using direct communications and the role of silence, emotions and challenge in coaching. Section four offers a range of coaching approaches including behavioural, person-centred, solution-focused, psychodynamic, neuroscience, narrative, positive psychology, out-door eco-coaching, team coaching, careers coaching and integrated coaching. Section five focuses on fundamental issues in coaching such as ethics and contracting and evaluation. Section six explores continuous professional development, reflection and the role of supervision, as well as how to establish your coaching business. The final section contains a host of coaching tools which practitioners can use to broaden their practice. Unique in its scope, this key text will be essential reading for coaches, academics and students of coaching. It is an important text for anyone seeking to understand the best practice approaches that can be applied to their coaching practice, including human resources, learning and development and management professionals, and executives in a coaching role.

Personal and Executive Coaching - Jeffrey E. Auerbach 2001

Handbook of Coaching Psychology - Stephen Palmer 2018-11-16

The Handbook of Coaching Psychology: A Guide for Practitioners provides a clear and extensive guide to the theory, research and practice of coaching psychology. In this new and expanded edition, an international selection of leading coaching psychologists and coaches outlines recent developments from a broad spectrum of areas. Part One examines perspectives and research in coaching psychology, looking at both the past and the present as well as assessing

future directions. Part Two presents a range of approaches to coaching psychology, including behavioural and cognitive behavioural, humanistic, existential, being-focused, constructive and systemic approaches. Part Three covers application, context and sustainability, focusing on themes including individual transitions in life and work, and complexity and system-level interventions. Finally, Part Four explores a range of topics within the professional and ethical practice of coaching psychology. The book also includes several appendices outlining the key professional bodies, publications, research centres and societies in coaching psychology, making this an indispensable resource. Unique in its scope, this key text will be essential reading for coaching psychologists and coaches, academics and students of coaching psychology, coaching and mentoring and business psychology. It will be an important text for anyone seeking to understand the psychology underpinning their coaching practice, including human resource, learning and development and management professionals, and executives in a coaching role.

The Definitive Guide to Instructional Coaching - Jim Knight 2021-11-05

Even under ideal conditions, teaching is tough work. Facing unrelenting pressure from administrators and parents and caught in a race against time to improve student outcomes, educators can easily become discouraged (or worse, burn out completely) without a robust coaching system in place to support them. For more than 20 years, perfecting such a system has been the paramount objective of best-selling author and coaching guru Jim Knight and his team of researchers at the Instructional Coaching Group (ICG). In *The Definitive Guide to Instructional Coaching*, Knight offers a blueprint for establishing, administering, and assessing an instructional coaching program laser-focused on every educator's ultimate goal: the academic success of students. Organized around ICG's seven "Success Factors" for great instructional coaching, this book offers * An in-depth guide to the Impact Cycle, ICG's research-based and field-tested model for coaching teachers through issues that matter most to them; * Detailed guidance on how to create a

"playbook" of instructional strategies to share with collaborating teachers—and how to model those strategies under different conditions; * Practical advice on preparing for and engaging in substantive, reflective, and teacher-centered coaching conversations; * Best practices for gathering, analyzing, and responding to data for improved teaching and learning; and * Real-life anecdotes and testimonies from educators and coaches who have reaped the benefits of the Impact Cycle in a diverse array of schools. In addition, each chapter of the book contains a learning map to help orient you and a list of valuable additional resources to complement the text. Whether you're new to coaching or well versed in the practice, *The Definitive Guide to Instructional Coaching* will no doubt prove a cornerstone of your coaching library for years to come.

Coaching Girls' Soccer - John DeWitt 2001-08-07
Coach Girls for Success on and off the Field
Girls rule! Coaching girls' soccer is a challenge and also a wonderful experience. Witness a game-winning penalty kick or a goalie who saves an almost unstoppable ball, and you can't help but be inspired. The effort, pride, and enjoyment on the players' faces are great rewards for parents and often the signs of a good coach—the type of coach you want to be. So how can you get there? Perfect for coaches of girls up to age 13, *Coaching Girls' Soccer* includes everything you need to be an outstanding coach and mentor to your team. Whether you are a seasoned coach looking to fine-tune your skills or a rookie eager to take the field running, you'll discover techniques for success that are tailored specifically to the needs of girls, including:

- Drills and strategies for coaches new to the world of coaching soccer
- Tips on what girls want and need from their soccer experience
- Practical suggestions on how to motivate in a positive and encouraging way
- Advice for helping girls deal with their changing bodies
- And much more! Now you can be a coaching winner and help bring out the best in your players, both on the soccer field and in the game of life.

Performance Coaching - Carol Wilson
2014-01-03

Performance Coaching offers a guide to the fundamentals of coaching with an overview of all

the key principles, tools and case studies you need to develop more advanced knowledge. Whether you're thinking about becoming a coach, already running a professional coaching practice or thinking about how you can embed a coaching culture in your organization, Carol Wilson illustrates how to develop a best practice approach. Using practical tools throughout and with international case studies to illustrate the various cultural challenges coaches and managers can face, *Performance Coaching* is a complete resource for developing coaching in any organization. This new edition of *Performance Coaching* has been completely updated to offer a greater focus on building a coaching culture in organizations and the challenges that leaders face in understanding and developing a coaching approach.

The Baffled Parent's Guide to Coaching

Youth Softball - Jacquie Joseph 2001-03-19

Hands on approach to coaching kids softball.

USA Track & Field Coaching Manual - Joseph L. Rogers 2000

Variant title : USA Track and Field. From USA Track & Field, Inc.

The Mentoring Manual - Julie Starr 2014-10-24

As a mentor you must be many things: role model, expert, advocate, cheerleader, enforcer and friend. Plus you must make a positive, lasting difference to the knowledge, skills and prospects of your mentee. So, being a mentor is a big responsibility. But with *The Mentoring Manual*, getting it right is easy. Based on methods developed - and proven - in business, this highly practical book will show you how mentoring works, take you step-by-step through everything you need to know and do, and show you how both parties can get the best from the relationship.

- Understand what mentoring really is and how to do it well
- Feel fully confident in your ability to be a great mentor
- Develop key skills like listening, collaboration and coaching
- Help your mentee feel more knowledgeable, confident and valued
- Pass on your skills, experience and expertise to colleagues and contacts

Get the most from mentoring: help your mentee, develop your skills and make a positive difference "A breath of fresh air compared with many books on coaching and mentoring. The process of mentoring and the potential pitfalls are presented in a clear and challenging way."

David Megginson, Emeritus Professor of HRD, Sheffield Hallam University "A clear, pragmatic and accessible guide for mentors." Professor David Clutterbuck, author, speaker, and co-founder of the European Mentoring and Coaching Council

The Life Coaching Handbook - Curly Martin
2001-07-30

This complete guide to life coaching reveals what life coaching IS, how to coach yourself and others effectively and how to create and sustain a successful coaching practice. Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches, and a key sourcebook for NLP practitioners, human resources managers, training professionals, counsellors and the curious. Curly Martin is a professional life coach, author, trainer and internationally qualified NLP Master Practitioner. Coaching for more than twenty years, her clients include celebrities, CEOs, directors and doctors.

Coaching with Powerful Interactions - Judy Jablon

This essential guide for all coaches and professionals who support the work of teachers is an interactive, enhanced eBook with 30 embedded videos that provide a total of 45 minutes of video clips. Read and hear from the authors and other coaches as they share information, guidance, reflections, and insight about coaching. Use this guide to · Learn about your coaching stance and enrich your coaching practice · Develop trusting relationships with the teachers you coach · Promote positive change in teachers' practice

The Coaching Habit - Michael Bungay Stanier
2016-02-29

Coaching is an essential skill for leaders. But for most busy, overworked managers, coaching employees is done badly, or not at all. They're just too busy, and it's too hard to change. But what if managers could coach their people in 10 minutes or less? In Michael Bungay Stanier's *The Coaching Habit*, coaching becomes a regular, informal part of your day so managers and their teams can work less hard and have more impact. Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an

answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. It can also mean unlearning our "fix it" habits. In this practical and inspiring book, Michael shares seven transformative questions that can make a difference in how we lead and support. And, he guides us through the tricky part - how to take this new information and turn it into habits and a daily practice. -Brené Brown, author of *Rising Strong* and *Daring Greatly* Drawing on years of experience training more than 10,000 busy managers from around the globe in practical, everyday coaching skills, Bungay Stanier reveals how to unlock your peoples' potential. He unpacks seven essential coaching questions to demonstrate how---by saying less and asking more--you can develop coaching methods that produce great results. - Get straight to the point in any conversation with The Kickstart Question - Stay on track during any interaction with The AWE Question - Save hours of time for yourself with The Lazy Question, and hours of time for others with The Strategic Question - Get to the heart of any interpersonal or external challenge with The Focus Question and The Foundation Question - Finally, ensure others find your coaching as beneficial as you do with The Learning Question A fresh, innovative take on the traditional how-to manual, the book combines insider information with research based in neuroscience and behavioural economics, together with interactive training tools to turn practical advice into practiced habits. Dynamic question-and-answer sections help identify old habits and kick-start new behaviour, making sure you get the most out of all seven chapters. Witty and conversational, *The Coaching Habit* takes your work--and your workplace--from good to great.

ADHD Coaching - Frances F. Prevatt 2015
People with ADHD often struggle with time management, staying organized, maintaining relationships, and other life skills. Professional coaching can help them overcome these obstacles and regain confidence in their own problem-solving abilities. This book is an A-Z guide for mental health professionals who want to develop or expand their ADHD Coaching skills. Drawing on over a decade of research and

clinical work with ADHD clients, Frances Prevatt and Abigail Levrini have established an empirically-based model for ADHD Coaching. Their approach uses elements of cognitive behavioral theory and psycho-education to target executive functioning deficits, and focuses on clients' key impairments. This book describes the underlying principles as well as the nuts and bolts of ADHD Coaching. Step-by-step details for gathering information, conducting the intake, establishing goals and objectives, and working through all stages of coaching are included, along with helpful forms and a detailed list of additional resources. The practicalities of setting up a practice, as well as professional issues are covered, and five richly detailed case studies illustrate how to help adults, college students, and adolescents who present with a variety of

ADHD symptoms.

The Complete Handbook of Coaching - Elaine Cox 2018-08-14

This book provides a wide-ranging guide to the complex, multidisciplinary area of coaching, helping trainees to find comprehensive answers to their coaching questions. It allows them to identify and develop their own personal style of coaching. A specially selected group of international authors contribute various expertise and insights across three key areas: Theoretical perspectives Contexts and genres of coaching Professional practice Issues Learning is also supported by new online resources. Videos, case studies, journal articles and useful websites have been carefully collated by our contributors to help trainees make the crucial link between theory and practice.