

Descargar Libro Coaching John Whitmore

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It is your definitely own times to act out reviewing habit. in the middle of guides you could enjoy now is **Descargar Libro Coaching John Whitmore** below.

[Human Anatomy, Color Atlas and Textbook E-Book](#) - John A. Gosling 2016-02-27

The new edition of this well-known hybrid anatomy core text and atlas takes you from knowing human anatomical structures in the abstract to identifying human anatomy in a real body. Now fully revised and updated, it remains the only text and atlas of gross anatomy that illustrates all structures using high-quality dissection photographs AND clearly labelled line drawings for each photograph. This is combined with concise yet thorough text to support and explain all key human anatomy and clearly relate it to clinical practice. High quality, richly coloured dissection photographs show structures most likely to be seen and tested in the lab - helps you recognize and interpret gross specimens accurately Interpretive line drawings next to every photograph, with consistent colour-coding - helps you clearly identify structures and differentiate fat, muscle, ligament, etc. 'Clinical Skills' pages and new highlighting of the most clinically relevant text helps readers quickly understand how to apply knowledge of gross anatomy to the clinical setting New photographs reflect the latest imaging techniques as seen in current practice

[The Inner Game of Tennis](#) - W. Timothy Gallwey 2010-06-30

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

An Introduction to Coaching - Janice Dexter 2010-10-15

This is an excellent, no-nonsense introduction to the field of coaching for developing practitioners. Using a rich array of examples from both life and business coaching, the book covers: o foundations of coaching o coaching processes o the range of coaching models, skills, attitudes and methods o the psychological underpinnings to the main theoretical approaches to coaching, e.g. cognitive, TA, NLP o different applications of coaching e.g in life-, executive-, or career-coaching o key professional issues such as ethics, evidence-based practice and contracts. o how to present and market your coaching identity and skills. Blending theory and practice, with examples and exercises, the book is aimed at professionals from a range of backgrounds, whether therapeutic, educational or business in orientation, who want to expand and transfer their skills to the coaching profession. It is essential reading on all coaching & mentoring courses.

Challenging Coaching - John Blakey 2012-03-14

Challenging Coaching is a real-world, timely and provocative book which provides a wake-up call to move beyond the limitations of traditional coaching. Based on the authors' extensive experience working at board and management levels, they suggest that for far too long coaching approaches have shied away from adopting a more challenging stance - a stance that can provoke greater performance and unlock deeper potential in business leaders and their teams. The authors detail their unique FACTS coaching model, which provides a practical and pragmatic approach focusing on Feedback, Accountability, Courageous goals, Tension and Systems thinking. The authors explore FACTS coaching in theory and in practice using case studies, example dialogues and practical exercises so that the reader will be able to successfully challenge others using respectful yet direct techniques. This is an original and thought-provoking book that dares the reader to go beyond traditional coaching and face the FACTS.

Co-Active Coaching - Henry Kimsey-House 2010-12-15

NEW 4TH EDITION now available! Refer to isbn: 9781473691124 THE BOOK THAT CHANGED THE COACHING FIELD FOREVER This current, third edition includes fresh coaching examples, the latest in coaching terminology and an expanded, web-based 'Coach's Toolkit'. Used as the definitive resource in dozens of professional development programs, Co-Active Coaching teaches the transformative communication process that allows individuals from all levels of an organization - from students to teachers, and direct reports to managers - to build strong, collaborative relationships.

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.

The Wiley-Blackwell Handbook of the Psychology of Coaching and Mentoring - Jonathan Passmore 2016-08-08

A state-of-the-art reference, drawing on key contemporary research to provide an in-depth, international, and competencies-based approach to the psychology of coaching and mentoring. Puts cutting-edge evidence at the fingertips of organizational psychology practitioners who need it most, but who do not always have the time or resources to keep up with scholarly research Thematic chapters cover theoretical models, efficacy, ethics, training, the influence of emerging fields such as neuroscience and mindfulness, virtual coaching and mentoring and more Contributors include Anthony Grant, David Clutterbuck, Susan David, Robert Garvey, Stephen Palmer, Reinhard Stelter, Robert Lee, David Lane, Tatiana Bachkirova and Carol Kauffman With a Foreword by Sir John Whitmore

Bias-aware Teaching, Learning and Assessment - Donna Hurford 2022-05-16

This book offers university teachers informed and practical strategies for raising awareness of bias in teaching, learning and assessment practices. Conscious and unconscious biases influence judgements, perceptions, decision making and actions, and societal awareness has now turned the spotlight on how higher education (HE) is addressing bias at institutional and individual levels. The urgency to do so is evidenced through recent studies which reveal the extent of the effects of discrimination and exclusion experienced by individual students, groups of students and members of staff. It can be difficult to know where to start and how to sustain effective impact to achieve inclusion, equity and equality of opportunity. This book offers informed and practical strategies for raising awareness of bias in teaching, learning and assessment practices and provides approaches to eliminate, limit and mitigate the negative effects of bias on university students.

From Smart to Wise - Prasad Kaipa 2013-03-18

A fresh and timely approach to nurturing wise, resilient, and flexible leadership in a world of growing complexity. Leaders tend to obstinately stick to the leadership style that brought them most success in the past, usually one of two extreme styles: functional leadership that focuses on operational excellence or smart leadership that focuses on growth. When a leader's focus is too functional, the organization becomes introverted and can focus too much on bottom-line profitability while missing out on top-line growth opportunities. But when leaders focus too much on smart leadership, the organization may experience quick growth but lose its effectiveness quickly. From Smart to Wise offers a new approach that balances the two styles to achieve a form of wise leadership that is both functional and smart. Drawing on inspiring real-life stories of historical and contemporary wise leaders such as Bill Gates, Warren Buffet, and even Mahatma Gandhi, the authors identify six characteristics of wise leaders and offer a practical framework to help readers develop their own style of wise leadership. A timely and innovative approach to leadership. Written by noted speakers who conduct dozens of keynote speeches and workshops, training thousands of people annually.

Leadership Team Coaching - Peter Hawkins 2017-07-03

Organizations are most effective when the teams responsible for their success function to the best of their ability. When the relationships within the team work well and all members have a clear focus, the team is able to achieve goals more easily. Leadership Team Coaching is a roadmap for those who have the responsibility of developing a leadership team. It provides a thorough explanation of the key elements of team coaching and is filled with practical tools and techniques to facilitate optimum performance across virtual teams, international teams, executive boards and other teams. The fully updated 3rd edition of Leadership Team Coaching brings together the latest research in leadership teams and team coaching along with numerous examples to illustrate how to develop people from disparate groups into a high-performing team. With new international case studies throughout as well as a new chapter on systemic coaching, the book covers the five disciplines of team performance, how to select team members, how the relationship of the coach and the team develops through stages, how CEOs can foster effective teams with shared leadership, how to choose the best team coach and more to facilitate effective leadership teams.

Excellence in Coaching - Jonathan Passmore 2010-07-03

Published with the Association for Coaching, Excellence in Coaching presents cutting-edge thinking in the field of workplace coaching. This comprehensive industry guide enables coaches to achieve personal excellence in a rapidly evolving profession through a collection of best-practice material covering: setting up and running your coaching practice; transpersonal coaching; behavioural coaching (the GROW model); integrative coaching; solution-focused coaching; intercultural coaching; cognitive behavioural coaching; coaching and stress; NLP coaching and coaching ethics. This latest edition has been updated to reflect recent evolvments in the industry and includes brand new chapters on accreditation, evaluating coaching, appreciative inquiry and making the most of a coaching investment.

High-Performance Coaching for Managers - William J. Rothwell 2022-07-05

Coaching is a necessary skill for managers. It is important as a fundamental part of an organization's talent efforts—including talent acquisition, development and retention strategies. For a coaching program to succeed in an organization, it should be recognized as a useful approach throughout the organization and become part of the fabric of the corporate culture. Performance Coaching for Managers provides an important tool for organizations to use to train their managers on coaching. This book differs significantly from other books in the coaching market. Many books on coaching cast coaches as facilitators who questions their clients (the coachees), helping them to articulate their own problems, formulate their own solutions, develop their own action plans to solve problems, and measure the success of efforts to implement those plans. That is called a nondirective approach. But this book adopts a directive approach by casting the coach as a manager who diagnoses the problems with worker job performance and offers specific advice on how to solve those problems. While there is nothing wrong with a nondirective approach, it does not always work well in job performance reviews in which the manager must inform the worker about gaps between what is needed (the desired) and what is performed (the actual). The significant difference between what is currently available in the market and what we are offering in Performance Coaching is the authors' collective experience of over 70 combined years of hands-on research and delivery experiences in the Human Resources Development field. According to the Harvard Business Review (2015), workers generally expect their immediate supervisors to give them honest feedback on how well they do their jobs—and specific advice on what to do if they are not performing in alignment with organizational expectations. When workers do not receive advice—but instead are questioned about their own views—they regard their managers as either incompetent or disingenuous. Effective managers should be able to offer direction to their employees. After all, managers are responsible for ensuring that their organizational units deliver the results needed by the organization. If they fail to do that, the organization does not achieve its strategic goals. This book gives managers direction in how to offer directive coaching to their workers.

Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training - Diane S. Menendez 2015-03-23

An updated version of the best-selling therapist-to-coach transition text. With his bestselling Therapist As Life Coach, Pat Williams introduced the therapeutic community to the career of life coach, and in Becoming a Professional Life Coach he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, Becoming a Professional Life Coach takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including: • Listening to, versus listening for, versus listening with • Establishing a client's focus • Giving honest feedback and observation • Formulating first coaching conversations • Asking powerful, eliciting questions • Understanding human developmental issues • Reframing a client's perspective • Enacting change with clients • Helping clients to identify and fulfill core values, and much, much more. All the major skillsets for empowering and “stretching” clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful,

transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

[The Solutions Focus](#) - Paul Jackson 2011-02-22

The revolutionary yet radical alternative—the solutions-focused approach—to discovering what works at work.

The Portable Coach - Thomas J. Leonard 1998-08-06

For many years a certified financial advisor with a thriving practice, Thomas Leonard came to realise that he was much more than that to his clients; he was their personal coach, a combination of a career counselor, financial advisor, therapist, and big brother, a person who helps people figure out their goals in life and then works with them to achieve them. Blending profound psychological insights with years of hands-on experience helping people to stop grasping for what they want and start attracting it, Leonard has perfected a programme that enables people to transform their lives in remarkable ways. THE PORTABLE COACH is a vigorous, highly encouraging blueprint for success, filled with inspiring real-life examples as well as Coach University's patented worksheets and checklists. Leonard offers a deceptively simple strategy to help readers build reservoirs of time and energy to devote to attracting abundance in their lives.

Coaching and Mentoring - Eric Parsloe 2016-12-03

Over the last 15 years, Coaching and Mentoring has become the go-to guide for anyone looking to develop their coaching and mentoring skills at individual, team or organizational level. Clear and accessible, it uses practical tools and best practice to demonstrate how to relate theoretical models to specific situations to gain real benefits. It provides strategies that can be applied to any situation, including life coaching, business coaching and community mentoring. Now in its 3rd edition, Coaching and Mentoring has been fully updated to cover the latest thinking and developments in this area including extended coverage of coaching supervision. There is also now a brand new section on practical applications of coaching and mentoring for organizations which includes advice on how to align coaching and mentoring strategies to overall business goals and how to provide evidence for its transformational impact on employee performance. Full of practical advice, case studies and examples, this comprehensive guide will be of value to everyone involved in any aspect coaching and mentoring.

Coaching for Performance - John Whitmore 2017-07-13

This updated and expanded second edition of Book provides a user-friendly introduction to the subject, Taking a clear structural framework, it guides the reader through the subject's core elements. A flowing writing style combines with the use of illustrations and diagrams throughout the text to ensure the reader understands even the most complex of concepts. This succinct and enlightening overview is a required reading for all those interested in the subject. We hope you find this book useful in shaping your future career & Business.

[Coaching for Performance](#) - John Whitmore 2002

This edition now out of print. 4th Edition available.

The Art of Dialogue in Coaching - Reinhard Stelter 2018-10-04

In *The Art of Dialogue in Coaching*, Reinhard Stelter invites readers to engage in transformative and fruitful dialogues in everyday working life, and provides the theory and tools for them to be able to do so. Presented in three parts, the book provides a complete overview of the importance of dialogue and how it can be utilised. Part I, Theoretical basis, examines third-generation coaching as a collaborative dialogue form, the societal context of the coaching process and the concept of identity in modern society. Part II, Basic themes of fruitful dialogue, examines meaning-making, value and the narrative perspective, and their significance in creating a new dialogue culture. Finally, Part III, Reflections on dialogue practice, explores the art of being a

supporting dialogue guide, drawing on a number of theoretical perspectives and focusing on developing relational competencies. Stelter emphasises that taking the time to linger opens new possibilities for fundamental self-insight, and clearly explains how dialogue provides us with a framework for acting in the world with personal integrity. *The Art of Dialogue in Coaching* will be an essential guide for coaches in practice and in training, coaching psychologists and professionals with a coaching role, including mentors, consultants and leaders. In particular, it will appeal to those looking to conduct dialogue as an art form, enhancing their work as a co-creative and collaborative guide.

Coaching for Performance - John Whitmore 1993-09-01

Clear, concise, hands-on, and reader friendly, this is a coaching guide written in a coaching style.

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.

Mindful Coaching - Liz Hall 2013-04-03

Mindfulness is a way of paying attention to the present moment, helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we are better able to manage them. *Mindful Coaching* is a comprehensive guide to using mindfulness effectively in coaching. It enables coaches to work closely with their clients on a range of issues, including work-life balance, stress management, decision making, coping with ambiguity, dealing with crises, employee engagement, heightening focus and clarity, improving listening and communication, and increasing presence. *Mindful Coaching* includes a range of real-life examples and practical exercises to enable coaches to become more resilient in their practice, something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work.

Coaching for Performance - John Whitmore 2010-11-26

This extensively revised and expanded new edition clearly explains the principles of coaching, with illustrations from business and sport.

Self as Coach, Self as Leader - Pamela McLean 2019-05-14

Become a more effective leader by discovering the resources you already have Pamela McLean, CEO and cofounder of the Hudson Institute for Coaching, has been at the forefront of the field for the past three decades, using clinical and organizational psychology to provide the highest-quality coaching and development training to professionals in organizations and solo practice worldwide. Now, Pamela is teaching readers to cultivate their leadership potential through “use of self as instrument,” a key dimension of developmental coaching that emphasizes the whole person. Her holistic methods give coaches and other leaders a clearer framework for getting to know themselves, exploring their multiple layers, and fostering their latent abilities so that they can foster the abilities of others. *Self as Coach* guides you along a path that interweaves six broad dimensions of your internal landscape into the fabric of great coaching. This creates lasting improvements, unlike more common remedial, tactical, or performance-based programs, which often only function as short-term solutions. Develop leadership skills using internal resources you already possess Achieve real improvements with long-lasting benefits Based on methodology proven successful in business and personal settings Includes useful practices and exercises for self-reflection and brainstorming Whether you're an emerging or experienced coach, whether you want to grow your own leadership skills or develop them across an entire organization, *Self as Coach* can help. With its innovative approach, proven methods, and near-universal applicability, this book will not only provide effective instruction but also help you uncover lasting insights that will benefit you long after you've turned the last page.

Coaching -

Effective Coaching - Myles Downey 2003

"A book about achieving actual results for individuals, teams, and organizations"--P. [4] of cover.

The Ladder - Andrew Bernard 2021-02-19

Foreword by Colonel Dame Kelly Holmes. Regardless of one's plans for the future, many people's careers are founded on a series of chance encounters, experiences and serendipity. School, college, university, jobs, family, sports, hobbies, friends, relationships - these are all fertile grounds for career-related conversations and explorations. What if we teachers, guides, mentors, parents and peers started to notice these seemingly unconnected happenings and, indeed, started to engineer and encourage them to happen? Using the mantra 'every adult is a careers teacher', The Ladder will inspire teachers to explicitly link their subject area to students' futures, both in school and outside its walls, and support them in doing so. Bernie draws upon his 30-year career in education and business development to bring clarity, focus and ideas to educators as to how they can best start students on their own ladders to success. Ultimately, in writing this book, Bernie's aim is to bring young people's futures to life with some personal skills reflection and forward planning designed to help them as they embark on their fulfilling futures - regardless of their upbringing, academic achievements or ethnic background.

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.

Coaching Skills for Leaders in the Workplace - Jackie Arnold 2013-10-10

This book provides instruction on the requirements for the Institute of Leadership and Management coaching & mentoring qualifications levels 5-7. As a leader, senior manager or executive, you are often required to act as a coach or mentor for your staff. This book will enable you to set up coaching programmes that can make a significant difference to staff retention and motivation. It will give you the knowledge and skills you need to encourage your staff to grow so that you can get on with your own essential leadership role. In this book you'll discover how to: - become an effective leader and coach *distinguish between coaching and mentoring - establish the right coaching climate *develop effective communication skills - set up the first coaching session *present a business case for coaching ...and much more. You'll also find out the various coaching models available and equip yourself with useful tools and exercises that you can employ in your coaching sessions. Contents: List of figures and tables; Acknowledgements; Introduction; 1. What is Coaching?; 2. Become an effective leader and coach; 3. Internal and external coaching; 4. The differences between coaching and mentoring; 5. Establishing the right climate; 6. Coaching Models; 7. Coaching tools and exercises; 8. Effective communication skills; 9. Analysing communications to identify meaning; 10. Respecting others' worldviews and motivating your coachees; 11. Overcoming barriers to coaching and mentoring; 12. Understanding the role of power and authority; 13. Setting up the first session; 14. Presenting a business case for coaching; 15. Coaching supervision and super-vision; 16. Co-Coaching and team coaching; 17. Organisational approaches to coaching; Appendix 1: Sample forms and competences; Appendix 2: Controlling costs; Appendix 3: Case studies and evidence to support the value of coaching; Useful resources; Index

The Information - James Gleick 2011-03-01

From the bestselling author of the acclaimed Chaos and Genius comes a thoughtful and provocative exploration of the big ideas of the modern era: Information, communication, and information theory. Acclaimed science writer James Gleick presents an eye-opening vision of how our relationship to information has transformed the very nature of human consciousness. A fascinating intellectual journey through the history of communication and information, from the language of Africa's talking drums to the invention of written alphabets; from the electronic transmission of code to the origins of information theory, into the new information age and the current deluge of news, tweets, images, and blogs. Along the way, Gleick profiles key innovators, including Charles Babbage, Ada Lovelace, Samuel Morse, and Claude Shannon, and reveals how our understanding of information is transforming not only how we look at the world, but how we live. A New York Times Notable Book A Los Angeles Times and Cleveland Plain Dealer Best Book of the Year Winner of the PEN/E. O. Wilson Literary Science Writing Award

The Early Years - Inter-American Development Bank 2015-10-22

This book is open access under a CC BY-NC-ND 3.0 IGO license. The Early Years analyzes the development of Latin American and Caribbean children and makes a compelling case for government intervention in what is instinctively a family affair. Spending on effective programs for young children is an investment that, if done well, will have very high returns, while failure to implement such programs will lower the returns on the hefty investments being made in primary, secondary, and higher education. Policies for young children belong at the core of a country's development agenda, alongside policies to develop infrastructure and strengthen institutions. However, if the services provided (or funded) by governments are to benefit children, they must be substantially better than what is currently being delivered in the region. This book offers suggestions for improving public policy in this critical area.

Emotional Intelligence Coaching - Stephen Neale 2011-09-03

Emotional Intelligence Coaching examines the vital role emotions and habits play in performance. Emotional intelligence can help leaders and coaches recognize how attitudes - both their own and those of the people they coach - prevent individuals from reaching their potential. Replacing these with more useful feelings and thoughts can provide a powerful means of improving performance. This book explains the principles of emotional intelligence and how these relate to coaching for performance. It includes practical activities for those seeking to identify and adapt their behaviour in order to achieve more. Never before have emotional intelligence and coaching been brought together in this way to help you develop your own and other people's performance.

The OSCAR Coaching Model - Andrew Gilbert 2009

Time to Think - Nancy Kline 2021-08-03

Over the past 15 years Nancy Kline has identified 10 behaviors that form a system called a Thinking Environment, a model of human interaction that dramatically improves the way people think, and thus the way they work and live. The power of effective listening is recognized as the essential tool of good management. In this book, Kline describes how we can achieve this, and presents a step-by-step guide that can be used in any situation. Whether you want to have more productive meetings, solve business problems or build stronger relationships, this book offers you a new world of possibilities.

The Work and Life of David Grove - Carol Wilson 2017-12-06

In the 1980s David Grove devised a technique called Clean Language for healing patients with traumatic memories, such as child abuse or wartime trauma. The process enabled patients to resolve the effects of their experiences through visualisation and metaphor. He converted the work into a spatial technique called Emergent Knowledge and his techniques have attracted practitioners from all over the world including the UK, Europe, America, Australia and New Zealand. Performance Coaching pioneer Carol Wilson worked with David until his death in 2008,

developing courses to train coaches and business psychologists to use his methods in the workplace, in order to relieve mental blocks and limiting behavioural patterns such as fear of public speaking, bullying and thwarted personal potential. This book is the most comprehensive work so far published about David Grove and contains a record not only of his work with Carol, but with leading practitioners across the world, including detailed descriptions of techniques, case histories and biographical details of David's life. Performance Coaches and Leadership Practitioners will be able to enhance their existing techniques by incorporating ideas, methods and principles from this book. It will help experienced and potential practitioners to gain an overview and a history of David Grove, and to know where to go for further research and learning.

Coaching for Performance Fifth Edition - John Whitmore 2010-11-26

Coaching delivers high performance in you, your team, and your organization. "Coaching for Performance is the proven resource for all coaches and pioneers of the future of coaching." - Magdalena N. Mook, CEO, International Coach Federation (ICF) "Shines a light on what it takes to create high performance." - John McFarlane, Chairman, Barclays, Chairman, TheCityUK Coaching for Performance is the definitive book for coaches, leaders, talent managers and professionals around the world. An international bestseller, featuring the influential GROW model, this book is the founding text of the coaching profession. It explains why enabling people to bring the best out of themselves is the key to driving productivity, growth, and engagement. A meaningful coaching culture has the potential to transform the relationship between organizations and employees and to put both on the path to long-term success. Written by Sir John Whitmore, the pioneer of coaching, and Performance Consultants, the global market leaders in performance coaching, this extensively revised and extended edition will revolutionize the traditional approach to organizational culture. Brand-new practical exercises, corporate examples, coaching dialogues, and a glossary strengthen the learning process, whilst a critical new chapter demonstrates how to measure the benefits of coaching as a return on investment, ensuring this landmark new edition will remain at the forefront of professional coaching and leadership development.

You Already Know How to Be Great - Alan Fine 2010-10-14

A bold new approach to performance by one of the top coaches in the country. In trying to improve-on the playing field, in the office, or even at home-most people seek out new information to get to the next level. They read a book, attend a class, or hire an expert to give them an edge. But Alan Fine, an accomplished tennis, golf, and executive coach and a renowned authority on peak performance, believes that this "outside-in" method is precisely what's holding you back from doing your best work. He's found the biggest obstacle to improved performance isn't not knowing what to do; it's not doing what you already know. Ironically, the quest for information and instructions designed to help you get ahead can often interfere with your ability to focus on doing something. Fine reveals his simple and proven approach to achieving breakthrough performance. It starts with reducing the interference that blocks your potential through an amazing process called G.R.O.W. (Goal, Reality, Options, Way Forward). No matter who you are

or what you do, *You Already Know How to Be Great* will help you eliminate what is standing in the way of your goals.

A Shift in Being - Leon VanderPol 2019-02-22

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.

The Ultimate Coaching Guide - Vikram Dhar, Rashmi T.K 2020-11-29

"Truly the ultimate guide for a coach! This book is a must-read for all coaches - whether they are starting out or are well-entrenched. With all my years in coaching, I still discovered new insights!" Michael Beale, NLP Coach and Trainer. Coaching can be transformational or simply transactional. If you truly want to transform lives, then this book is a must-read. Coaching is far more than a job - it is a mission. Transformational coaches focus on their self-development as much as they do on the development of their clients. All coaches need to be aware of the different coaching frameworks, paradigms, and tools used by master-coaches world over. In five straightforward sections, this book guides you through the steps you need to achieve optimal success as a coach: • Section I: The ABCs of Coaching • Section II: Coaching Frameworks, Models and Tools • Section III: Case Studies • Section IV: The Business of Coaching • Section V: Resources It is an extensively researched overview of the latest developments in neuroscience, emotional intelligence and positive psychology, among many coaching frameworks. If you are new to coaching, you will find out how to start your coaching business. If you are a seasoned professional, you will learn how to strengthen your practice. This book also offers coaching insights in the post-pandemic era.

Masterful Coaching - Robert Hargrove 2008-12-03

When the first edition of *Masterful Coaching* was published, it quickly became the standard resource for anyone who was a coach, considering becoming a coach, or curious about being an extraordinary coach. In this completely revised third edition of his groundbreaking book, Hargrove presents his profound insights into the journey to of becoming a masterful coach along with guiding ideas, tools, and methods.