



The Coaching Manual

the definitive guide to the
process, principles and
skills of personal coaching

Julie Starr

Julie Starr The Coaching Manual



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The Mentoring Manual Julie Starr,2014-10-17 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 The full text downloaded to your computer With eBooks you can search for key concepts words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf available as a free download available online and also via the iPad and Android apps Upon purchase you ll gain instant access to this eBook Time limit The eBooks products do not have an expiry date You will continue to access your digital ebook products whilst you have your Bookshelf installed

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The Coaching Manual Julie Starr,2008

The Mentoring Manual Julie Starr,2021-09-30 Understand what mentoring really is and how to do it well The Mentoring Manual is 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 Get the most from mentoring help your mentee develop your skills and make a positive difference

The Coaches' Handbook Jonathan Passmore,2020-10-13 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

Foundations of Coaching Wasteland Press,2020-09 *The Art of Coaching* Jenny Bird,Sarah Gornall,2015-09-16 The Art of Coaching is a book to shift thinking and open up new possibilities to stimulate fresh insight to adapt to your needs as a coach or manager and to use creatively in practice Written by two experienced highly qualified international coaches and supervisors this creative book offers ideas to use across the range of coaching contexts including leadership decision making change and supervision Combining brand new original diagrams with classic models from the learning development and management fields Jenny Bird and Sarah Gornall have created a valuable resource for quick reference instant accessibility and fast learning built on a strong theoretical base Each model in the book is explained with a clear accessible diagram and a simple guide to what it is how it works and how to put it into action The text is full of inspiration for applications of the ideas in scenarios based on real coaching practice The Art of Coaching will be an invaluable companion for coaches looking for new ways of developing awareness with clients coaching students and trainees coach supervisors learning and development professionals and those working in human resource departments

FT Guide to Business Coaching ePub eBook Anne Scoular,2012-09-07 The FT Guide to Business Coaching shows you everything you need to know about becoming a business coach from how to find out if you've got what it takes through the basic tools and models that really work This book gives you a step by step guide to the tools the market knowledge and the crucial new techniques from psychology you need to become an exceptional business coach Clear compelling and comprehensive covering classic and fresh material from both business and psychology this is the first book to cover both the critical elements of world class business coaching This book takes you through a tried and trusted process developed specifically for senior business leaders It will help you Know when to coach and when to lead Build powerful listening skills Get to grips with the most useful and up to the minute coaching tools and psychological techniques Calculate if and crucially how you can make a living as a business coach Decide if how and when to go for accreditation as a coach

The Coaching Manual Julie Starr, Julie Starr is an expert and thought leader in the field of coaching Since 2002 her best selling book The Coaching Manual has supported the evolution of the coaching profession through simple powerful principles and practical approaches Her books are translated into many languages and are required reading on coach training programmes around the world With over 20 years and thousands of hours coaching experience Julie supports CEO s and

executives from the world's largest organizations Her approach is challenging, compassionate and empowers clear leadership

The Method Manual Ed Kovens, 2006-03-14 A manual for actors and teachers of acting based on the teachings of Lee Strasberg

Coaching for Performance Fifth Edition Sir John Whitmore, Performance Consultants International, 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

Building and Sustaining a Coaching Culture David Clutterbuck, David Megginson, Agnieszka Bajer, 2016-06-01 Building and Sustaining a Coaching Culture is the ideal book for everyone who is passionate about coaching and who has an interest in creating an environment that supports learning and growth Easy to navigate and logically structured, topics include the current understanding of coaching culture in organisations, coaching and mentoring, culture strategy, making effective use of external coaches, formal and informal mentoring, developing and supporting internal coaches and mentors, team coaching, cross-cultural marketing, coaching and cross-cultural issues This edition of Building and Sustaining a Coaching Culture is a fully revised version of the seminal book Making Coaching Work Creating a Coaching Culture It analyses what has changed in the field of coaching culture and provides update on new knowledge and experience A wide variety of international case studies and engaging tools such as chapter overviews, templates and reflective questions will take you clearly through the development and implementation of a successful and integrated training culture Whether you are an HR Manager looking to maximise the positive impact of coaching in your organisation, a business leader wanting to facilitate growth or a consultant or coach seeking to place your work in the relevant organisational context, you will be shown how to implement an effective coaching and mentoring strategy that meets your needs

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

Coaching in Times of Crisis and

Transformation Liz Hall,2015-10-03 Coaching in Times of Crisis and Transformation takes an in depth look at crisis and change in the world we live in today and discusses its impact on both individuals and organizations Covering not just coaching in the current crisis but any time of crisis and change it offers a complete practical resource for managers and coaches to tackle the challenges effectively This book can help turn a crisis whether personal or systemic into an opportunity for transformation Coaching in Times of Crisis and Transformation covers definitions of crisis from both the individual and organizational perspective including insights on adapting to change and finding opportunities in crisis what neuroscience tells us about our reactions to change transformative coaching change models supporting organizations in crisis and how coaching and mentoring can act as preventative measures against crises Becoming a Coach Jonathan Passmore, Tracy Sinclair,2020-11-23 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

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