

Coaching Understood

A pragmatic inquiry into the coaching process

Elaine Cox



Coaching Understood A Pragmatic Inquiry Into The Coaching Process

Martin O'Connor, Hugh O'Donovan



Coaching Understood A Pragmatic Inquiry Into The Coaching Process:

Coaching Understood Elaine Cox, 2012-11-12 This book is a milestone in the coaching literature Elaine Cox provides an excellent text that is scholarly practical and accessible She offers clear insights into how coaching works so that coaching is truly understood Bob Garvey Professor of Business Education York St John Business School The development of the coaching literature has often been protracted and modest In recent years few coaching texts provided a significant leap forward in our understanding of psychological dynamics of coaching For this reason Cox's *Coaching Understood* is a game changer More thoroughly and systematically than ever before this work gets under the bonnet of the coaching engine and explores the mechanics of the coaching process For anyone wondering why coaching works this book is your answer Yossi Ives Tag International Development UK International Journal of Evidence Based Coaching Mentoring *Coaching Understood* takes a fresh approach to coaching skills and techniques by examining each element of the coaching process in detail in order to verify and justify its effectiveness By exposing the mystery underlying coaching's success as a personal and professional development intervention Elaine Cox undertakes to generate a better understanding of coaching improve coaching practice and breed a new generation of more informed coachees and buyers of coaching *Coaching Understood* is essential reading for students and practitioners alike *Lifestyle Wellness Coaching-3rd Edition* Gavin, James, McBrearty, Madeleine, 2019

Lifestyle Wellness Coaching Third Edition With Web Resource offers an evidence based and systematic coaching methodology that professionals can use to help clients achieve long term overall wellness by addressing health fitness and lifestyle **Foundations of Professional Coaching** James Gavin, 2022 *Foundations of Professional Coaching* is the

essential guide to developing coaching skills that encourage lasting change in clients personal and professional lives Grounded in the International Coaching Federation's eight core competencies coaches will learn to create holistic coaching relationships **Values and Ethics in Coaching** Ioanna Iordanou, Rachel Hawley, Christiana Iordanou, 2016-11-08 The first

complete guide to exploring values and ethics in coaching this book will guide you through the responsibilities of coaching practice and help you recognize and reconcile common ethical dilemmas and choices Part I explores the theory and research underpinning ethical coaching practice and invites you to examine own personal and professional values Part II delves into the key ethical considerations in the coaching relationship including contracting confidentiality and understanding boundaries It explores each issue in depth and offers implications and suggestions for practice Part III examines individual professional contexts including coaching in business sports and healthcare with real life examples and reflections from practising coaches This book is vital reading for trainee and practitioner coaches and those looking to introduce ethical coaching practice into a professional setting **EBOOK: Coaching Presence: Understanding the Power of the**

Non-Verbal Relationship Tünde Erdős, 2021-06-25 Professional wisdom has suggested that coaching presence is purely about the coach how they show up in the room and what they say and do to support clients to reach their goals But what if it

was about the relational dynamics between the coach and client at an unspoken level In this book Tunde Erd s demystifies the power of the non verbal coaching relationship Put simply the body does not lie Using research from 184 videoed coach client pairs and exploring their spontaneous interactions at a non verbal level we deepen our understanding of how clients navigate uncertainties including in the coaching room and how coaches can truly partner with clients to facilitate their goal attainment beyond traditional coaching This book also reveals that a coach s full body presence can sometimes hinder learning and prevent progress towards a goal Tunde Erd s guides the reader through Integrative Presence where you will learn how to Build awareness of your state of presence Identify potential coaching blind spots Recognise when your needs block presence Practice integrative presence in coaching Foster effective coaching partnerships An excellent example of how coaching practice has informed research and with a foreword from Erik De Haan this book will help anyone looking to enhance their coaching effectiveness through closer partnering with clients This book includes many high quality and universal components to help professional coaches to make valuable progress Patrick Delamare co developer of the Global Executive Coaching Program at HEC Paris WBECS is delighted to have been able to help support Tunde in her research to complete this valuable work on the importance of presence in the coaching experience Marva Sadler CEO WBECS Group This insightful book will help coaches to reflect on and enhance their practice Prof Stephen Palmer Wales Academy for Professional Practice and Applied Research University of Wales Trinity Saint David UK Tunde Erd s is an executive coach coaching scientist author and lecturer at HEC Paris Tunde is passionate about staying curious as we co create the future of coaching through a balance of science and practical wisdom

[The SAGE Handbook of Coaching](#) Tatiana Bachkirova,Gordon Spence,David Drake,2016-11-03 The SAGE Handbook of Coaching presents a comprehensive global view of the discipline identifying the current issues and practices as well as mapping out where the discipline is going The Handbook is organized into six thematic sections Part One Positioning Coaching as a Discipline Part Two Coaching as a Process Part Three Common Issues in Coaching Part Four Coaching in Contexts Part Five Researching Coaching Part Six Development of Coaches It provides the perfect reference point for graduate students scholars educators and researchers wishing to familiarize themselves with current research and debate in the academic and influential practitioners literature on coaching

The Complete Handbook of Coaching Elaine Cox,Tatiana Bachkirova,David A. Clutterbuck,2014-04-01 This second edition provides the most comprehensive guide to the field of coaching exploring a range of coaching theories and approaches genres and settings and professional issues It supports trainees and professionals to identify and develop a personal style of coaching Its three parts cover The theoretical traditions underpinning coaching such as cognitive behavioural Gestalt and existential Contexts and genres such as life executive peer team and career coaching Professional issues such as ethics supervision continuing professional development standards and mental health issues Written by leading international authors each chapter makes links between theory and practice and includes discussion questions to facilitate

reflection on the topic further reading suggestions and case studies This new edition includes completely revised and updated chapters throughout an additional emphasis on cross cultural coaching and new chapters on Health and Wellness Coaching and Researching Coaching The handbook is a unique resource that has helped thousands of practitioners and trainees from a variety of professions and multi disciplinary backgrounds including health education business and management and psychology throughout their coaching career

Coaching for Professional Development Christine Eastman, 2018-12-12 Coaching has emerged as one of the most significant aids in developing managers and executives in the professional world Yet there is a degree of dissatisfaction with performance coaching models and a desire to connect more with creativity and the imagination In *Coaching for Professional Development Using Literature to Support Success* Christine A Eastman suggests that literary works have a part to play in bringing about a change in coaching culture Using a series of examples from key literary texts she argues that literature can help coaches enhance their skills find solutions to workplace problems and better articulate their own ideas through innovation and imagination Eastman argues for literature as a coaching tool detailing how using stories of loss failure alienation and human suffering in a coaching dialogue bring positive results to organisational coaching *Coaching for Professional Development* considers how reading fiction helps us to imagine lives outside our own and how this sensitivity of language brings out the unconscious within us and others Eastman discusses how she guided her students to embrace literature as a positive influence on their coaching practice through literary texts Chapter 1 begins by exploring how reading Melville's *Bartleby the Scrivener* allowed her students to understand the importance of metaphor in their own coaching with Chapter 2 illuminating how Cather's *Neighbor Rosicky* addresses the role of emotion After this Eastman considers how John Cheever's multi layered story *The Swimmer* provides rich stimulus for coaching students in understanding failure how Miller's *Death of a Salesman* shows how our family relationships are reflected in our office dynamics and how the reactions of her students engaging with Lampedusa's *The Leopard* are more effective than the traditional coaching tool Personalis in revealing their personality She finally looks at Shakespeare's *The Tempest* for exploring themes of power and manipulation in a coaching context By applying coaching models to fictional scenarios Eastman demonstrates that coaches HR professionals and students can successfully extend the boundaries of their coaching strengthen their interventions and enhance their understanding of theory *Coaching for Professional Development Using Literature to Support Success* is a unique approach to coaching with engaging case studies throughout that brings together higher education and industry It will be key reading for coaches in practice and in training who wish to enhance creativity in their work advisors and teachers on coaching courses and HR and L D professionals working in organizations seeking to implement a coaching culture

Coaching Psychology for Mental Health Martin O'Connor, Hugh O'Donovan, 2021-09-21 Traditionally coaching psychologists have worked with people who aren't experiencing significant mental distress or have diagnosed mental illness This book describes an innovative and challenging project of bringing

coaching psychology to the lived experience of individuals with a diagnosed mental illness Borderline Personality Disorder BPD The authors present a case for why coaching psychology needs to be constructively challenged to broaden its base and be more inclusive and of service to people experiencing BPD in particular The book describes a coaching interaction involving coaching psychologists and a number of individuals with BPD who had completed a behavioural skills programme Dialectical Behaviour Therapy DBT It explores the epistemological and practice tensions involving the dominance of clinical recovery elimination of symptoms in mental health services and personal or psychological recovery originating in the narratives of people with a diagnosis of mental illness who yearn to live a life worth living This book written amidst the Covid 19 pandemic makes a compelling case for coaching psychologists to engage with the philosophy and practice implications of personal recovery at both professional and personal levels It will be vital reading for those engaged in coaching psychology and for the education training and continuous professional development of coaches and coaching psychologists

Doing Coaching Research Peter Jackson, Elaine Cox, 2020-05-11 This is your student guide to research in the field of coaching It answers your questions about doing research and explores the challenges and opportunities presented by different ways of doing research specifically in coaching An ideal introduction for trainees and practitioners looking to understand the what the why and the how of coaching research

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