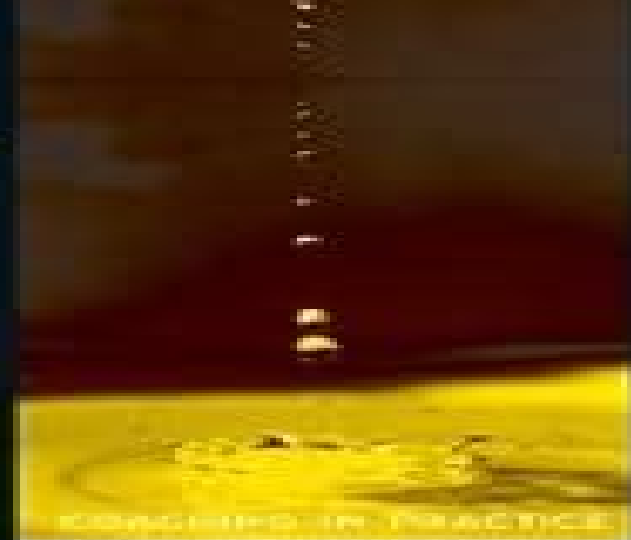


Series Editor: Jennie Rogers



Coaching Positively

Lessons for Coaches from
Positive Psychology

Matt Driver

Coaching Positively Lessons For Coaches From Positive Psychology Coaching In Practice

Dorothy Greenaway



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Coaching Positively: Lessons For Coaches From Positive Psychology Driver, Matt, 2011-07-01 Brings together substantial psychological research with the experience of coaching clients and shows what has worked best for them

Coaching Positively: Lessons for Coaches from Positive Psychology Matt Driver, 2011-07-16 Coaching Positively is the book that the coaching profession needed The growing positive psychology evidence base has a multitude of applications to coaching and Matt Driver shows us exactly how in this superb book Blending narrative case examples with masterly insights from the empirical literature Driver provides a roadmap that will help any coach become masterfully effective in applying the lessons of positive psychology in their coaching Coaching Positively shares theoretical insights combined with a wealth of practical examples activities and exercises that any coach can start using immediately The result is a golden resource for coaches looking for the missing ingredient that enables them to help their clients achieve their goals and keep achieving them If you re a coach who wants your clients to succeed this is the book that will help you ensure they do Alex Linley Founding Director Capp www.cappeu.com Author The Strengths Book Be Confident Be Successful and Enjoy Better Relationships by Realising the Best of You Driver has a writing style that is easy to read and adsorb He provides a breadth of information together with practical examples and resources such as questions a positive coach might typically ask and is therefore a valuable resource no mean achievement in only 141 pages Kevin Chamberlain Member of the Association for Coaching UK Coaching Positively is a cauldron of evidence based research and personal experiences of how contemporary coaches can implement the latest practices The author uses his experiences and those from his panel to link positive psychology and related disciplines to coaching He covers a wide range of topics from individual needs through to leadership and all the way to organisational coaching from both practitioners and clients perspective He also injects humour to let the coaches know they are human Yvonne Thackray The Good Coach Coaching is a positive practice which focuses on building people s resourcefulness and positive beliefs about themselves Recent research into positive psychology supports and builds upon current coaching practice and also refines it This straightforward practical book brings together Substantial psychological research The author s experience of coaching and the practice of many other coaches Examples from coaching clients that shows what has worked best for them The importance of relationships autonomy and achievement in the coaching process Like many other coaches managers and consultants Matt Driver has found this relatively new field to be inspiring and to offer practical insights into his work It is proving to be of enormous value to people who are interested in what works rather than what does not and who aim to fulfil themselves by developing their natural strengths Whether you are a coach or a line manager learning the skills or commissioning coaching for others you will find this book adds to your knowledge of current practice and gives you a range of practical tools and techniques that will have an immediate impact

Positive Psychology Coaching in Practice Suzy Green, Stephen Palmer, 2018-07-17 Positive Psychology Coaching in

Practice provides a comprehensive overview of positive psychology coaching bringing together the best of science and practice highlighting current research and emphasising the applicability of each element to coaching With an international range of contributors this book is a unique resource for those seeking to integrate positive psychology into their evidence based coaching practice Beginning with an overview of positive psychology coaching the book includes an assessment of theories of wellbeing an examination of mindfulness research a guide to relevant neuroscience and a review of a strengths based approach It also contains chapters which explore the application of ACT the role of positive psychology in wellness and resilience coaching positive leadership theory and developmental psychological theories as they relate to coaching through significant life transitions In each chapter theory and research is thoroughly explored and applied directly to coaching practice and supported with a list of relevant resources and a case study The book concludes with the editors views on the future directions of positive psychology coaching Positive Psychology Coaching in Practice will be essential reading for professional coaches in practice and in training seeking to enhance their evidence based practice coaching psychologists practitioners of positive psychology and academics and students of coaching coaching psychology and positive psychology

Handbook of Coaching Psychology Stephen Palmer, Alison Whybrow, 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

Coaching And Mentoring At Work: Developing Effective Practice Connor, Mary, Pokora, Julia, 2012-01-01 The book explains how to get the most out of coaching and mentoring **Coaching for Careers: A practical guide for coaches** Jenny Rogers, 2019-09-25 How can coaches help clients navigate the changing world of work This book offers a step by step practical guide to running a complete career coaching programme assessing the present looking at motivation skills and personal brand writing the most powerful CV r sum getting through a job

interview or assessment centre successfully and negotiating terms for a new job Career coaching has never been needed more now that jobs for life have disappeared being made redundant is common the gig economy is here to stay and young people often must start in unpaid roles The principles of career coaching are much the same whether you are a professional executive coach or a volunteer working for a charity whose aim is to get people back into work But how do you do it most effectively The focus must be on the whole career coaching cycle and building a holistic understanding of how a client s personal and professional life has influenced the person they are today who they want to be and how to set successful goals Important reading for any coach who wants to understand and improve their career coaching This is a must have resource for all coaches to support clients in career and job transition Terry H Hildebrandt PhD MCC MCEC Director of Evidence Based Coaching Fielding Graduate University USA The clearest wisest guide I have yet read on coaching towards success in the complex world of work Sarah Gillett CMG CVO Former ambassador and coach in training Jenny continues to set the bench mark for what it means to be a great coach An inspiring read for anyone interested in coaching Kate Stephens CEO Smart Works Charity The wealth of Jenny s own experience and the depth of her expertise gives her the authority to teach us all and we are grateful to her for the extent of our continued learning Catherine Devitt CEO Meyler Campbell This is far more than a superbly comprehensive set of tools and techniques for career coaching although it definitely is that This is a masterful narration of the whole story of career coaching at a much deeper level Jane Cook Head of Leadership and Coaching Linden Learning An experiential step by step guide to working with clients who are exploring real issues around their work career and life to bring out their best selves One of the best in furthering your learning and growth as a coach Diane Brennan DBH MCC Director of Leadership Organizational Development University of Arizona and Past President of the International Coach Federation 2008 A thorough overview of the skills and knowledge required by career coaches This not only defines the coach s professional toolkit but reveals the very best practice in career coaching John Lees author of How to Get a Job You Love

Creating a Coaching Culture Peter Hawkins, 2012-04-16 How do we create a coaching culture What will be the benefits for all parties How can we link it to the performance of our business How do we calculate the return on investment How do we make it sustainable Organizations are investing large sums of money in employing external and internal coaching and are increasingly under pressure to show a demonstrable return on this investment In this much needed book Hawkins gives a well researched and practical answer to the whole question of how you create a coaching culture and provides a step by step guide to implementing this change The book includes advice for both coaches and HR professionals on Establishing the right integrated mix of coaching by line managers internal specialized coaches and external coaches Combining individual and team coaching and connect both to the organizational change agenda Harvesting the organizational learning from the thousands of coaching conversations A coaching style becoming a way of relating internally and externally to all the organization s stakeholders Case studies show how a wide range of international organizations have developed successful

coaching strategies to increase the effectiveness of their businesses This book will provide you with valuable insights whether you are a coach an organization consultant an HR professional or a Chief Executive This book provides a rich source of knowledge guidance and experience for anybody involved in the important business of helping drive coaching in organisations After reading the book I take away a host of ideas and best practice that I will use in the business Ian Paterson Ernst Young LLP and MD EMCC UK Like Peter s other books Creating a Coaching Culture sits on my desk not my bookshelf because of its usefulness depth of thought and Peter s expertise Catherine Carr doctoral candidate in Leadership Development and Executive Coaching Carr Associates leadership coaching The book clearly outlines why the creation of a coaching culture is critical to the success of any organisation More importantly it describes the practical steps required to achieve this success and how you can measure progress and benefits along the journey Richard King Serial NED and Coach former Deputy Managing Partner for Ernst and Young In recent years the concepts of leadership culture and coaching culture have become increasingly intertwined to the extent that achieving a coaching culture is a common aspiration for organizations of all sizes Peter Hawkins brings the topic up to date using multiple case studies and an analytical approach that clarifies the challenges and how to address them David Clutterbuck Visiting Professor Oxford Brookes Sheffield Hallam Universities UK This book will be of benefit not only to those engaged in the people development professions but also managers and leaders who are looking to enhance the value and potential contribution of their people Hilary Lines PhD Executive and Team Coach UK This is an eloquently written text that is recommended reading for coaches and mentors working in large organizations for human resource managers and corporate management teams EMCC s International Journal Have just finished reading this it is excellent and like all Peter s books practical but well informed David Lane

EBOOK: Coaching and Trauma Julia Vaughan Smith, 2019-09-10 Why do coaches need to understand trauma This book highlights the role coaches must play and how it differs to psychotherapists in supporting clients with trauma A role that both enhances the coach s skills and supports their clients personal development Trauma isn t an event it is a lasting internal process through which the here and now of life experience is affected by the there and then of traumatising experience Vaughan Smith provides a way to understand the internal process that affects all aspects of our physical and mental wellbeing While providing an introduction to the theory of trauma the main focus is on practical application within the context of coaching distilling Franz Ruppert s theory of the surviving self and the healthy self Written for practitioners this important text raises trauma awareness addresses the what if questions many coaches have and provides a clear framework for implementation Rarely do coaching or organisational development books address the very prevalent issue of trauma and yet this is something every coach will come across in their practice This book busts the myth that trauma has nothing to do with coaching while underlining clearly how coaches can maintain appropriate boundaries A real gift to the profession and absolutely essential reading for any coaching supervisor Paul Heardman Leadership Coach and Coaching Supervisor A clear

enlightening practical book that is well grounded in theory Carolyn Mumby Executive and Personal Coach Therapist Supervisor and Facilitator Chair BACP Coaching Division This is a book that coaching has been missing From the first pages it s clear that we are in safe hands as Julia guides us through a topic that is sadly still taboo for many coaches Helen Sieroda Director Wise Goose School of Coaching Necessary reading for anyone serious about coaching It s a profound book and because it goes deep it reveals fertile possibilities It touches evokes and with great care honours our necessary inventiveness Jonathan Gosling Emeritus Professor of Leadership Exeter University and co founder of CoachingOurselves com This book should interest therapists and coaches If not they should ask themselves why It is a magnificent fusion of Julia s career as a clinician manager management consultant therapist coach and author Brian Lewis Bellettes Bay Company Tasmania Australia Essential reading for coaching supervisors and coaches It has transformed my practice Dr Louise Sheppard Coaching Supervisor and Executive Coach at Praesta Partners LLP A must for anyone wanting to take their coaching to another level Shirley Greenaway Executive Coach Head of Coaching at Management Futures

New Coach: Reflections from a Learning Journey Lis Paice, 2013-03-16 Lis Paice s positivity shines through on every page of this book She writes in a beautifully simple and accessible style The book will be a tremendous introduction for those setting out on the same path as new coaches or for more experienced coaches who want to compare their journey with hers Dr John Launer Honorary Consultant and Senior Clinical Lecturer at the Tavistock Clinic London UK I love this book I ve not seen a book before that uses the experience of the one who is learning rather than just telling you how to do it It will be so useful in taking away the inevitable anxiety that comes when you are about to learn a new skill and learn it in public The author s honesty about her own pitfalls will help you know what to expect and the light bulb moments that she has as she progresses will undoubtedly light up the occasional bulb for you too It might be a book about learning but it s also a book that outlines the skills of coaching in a whole new way Jenny Firth Cozens Imperial College London UK This is a marvellous record of the journey recorded by a senior doctor educationalist as she strived to gain the skills of a coach Any new coach will find it difficult to put down as it will resonate with many of their own first reflections She is open about her mistakes from the start On her first day of coach training she had a moment of kairos and she set her goal to train to the highest level which she continues to do Dr Rebecca Viney Coaching and Mentoring Lead London Deanery UK There are many books on coaching that give advice on what coaches should do This book is different Describing herself as a self critical learner Liz traces her journey into becoming a coach telling a uniquely honest story warts and all that all of us can learn from This is like reading someone s personal reflective diary rather than a recipe book on how to coach The result is both engaging and highly illuminating David E Gray Professor of Leadership and Organisational Behaviour University of Greenwich UK You can t summarize if you haven t been listening Coach and client share the encounter not the experience The better you get the less you say The client is the hero not the coach Coaching is a skill for life This frank account of one leader s journey to become a coach is a must have for

beginner coaches It will strike a chord with anyone who has been on a similar journey or has just begun professional training discovering the disappointments triumphs and surprises of learning to coach and coming to their own personal insights Lis Paice s easy conversational style and rich supply of real life examples make this an enjoyable read even for the absolute beginner The questions she raises about coaching will also stimulate reflection for experienced coaches trainers and supervisors Topics include What coaching is all about How coaching differs from other ways of helping What the role of the coach entails Getting to grips with the principles of coaching Learning by experience why the rules matter Trying out different tools and techniques Finding ways of helping the client to new perspectives and insights Avoiding complacency

The Leadership Coach's Advantage Dorothy Greenaway, 2013-04 My 1 go to coaching reference This is a well structured guide brimming with useful models questions and practices It offers readily applicable ideas and perspectives simply Suzanne Hill Brooks Executive Sourcing Alcatel Lucent Collaboration is no longer a soft skill it s an imperative Melinda and Dorothy have embraced the complexity of working together in organizations and created an exceptional model that is both comprehensive and elegant in its simplicity It is eminently practical and usable and passes the only test that matters it delivers results A must read for coaches and OD professionals Elizabeth Lancaster Director English Services Training Canadian Broadcasting Corporation This coaching guide is brilliant It inspired self reflection allowing me to gain greater insights into my leadership and coaching practices Melinda and Dorothy have a way with words that make the concepts tools and models resonate feel relevant and are easily translated into action I have made a positive shift in the way I lead and coach as a result of reading this guide It is a gem for any leader or coach Sandra Ramelli Director Organizational Development and Strategy Management Hamilton Health Sciences

Unveiling the Magic of Words: A Report on "**Coaching Positively Lessons For Coaches From Positive Psychology Coaching In Practice**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Coaching Positively Lessons For Coaches From Positive Psychology Coaching In Practice**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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