

1. Record Nr.	UNINA9910139031603321
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Titolo	Coaching psychology [[electronic resource]] : a practitioner's guide / / Ho Law
Pubbl/distr/stampa	Hoboken, : Wiley, 2013
ISBN	1-118-59833-4 1-118-59839-3 1-118-59835-0
Descrizione fisica	1 online resource (250 p.)
Disciplina	158.3
Soggetti	Positive psychology Counseling - Methodology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	About the author -- Foreword -- Preface -- Acknowledgements -- Introduction -- Current state of coaching and coaching psychology : where are you now? -- The foundation of coaching psychology : being positive and learning how to learn -- Definitions : coaching psychology, coaching, mentoring and learning -- Becoming a learning organization through coaching & mentoring : how do you introduce a coaching/mentoring programme into an organisation? -- Grow model and universal integrative framework : build your own model and apply it -- Techniques and tools : what is in your tool box -- Practical exercises : time to practise -- Collecting your own successful stories : building a database of good practice -- Evaluation & evidence-based coaching : why is it important? and how to? -- Reflection and resources : where could I get further training, support and information? -- References -- Index.
Sommario/riassunto	Coaching Psychology: A Practitioner's Guide takes an in-depth look at the applications and everyday challenges faced by real-world practitioners of coaching and mentoring psychology, and is ideal as a companion to The Psychology of Coaching, Mentoring and Learning. This guide presents the first book to translate a unified approach to coaching and mentoring into a guide for practice. It is ideal for

coaches, mentors, psychologists, and other professionals interested in this area of practice.
