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| Autore | Grant Anthony |
| Titolo | Coach yourself : make real change in your life // Anthony Grant, Jane Greene |
| Pubbl/distr/stampa | Harlow, England : , : Pearson Education Limited, , [2004] ©2004 |
| ISBN | 0-273-74217-5 1-281-15712-0 9786611157128 1-4058-9398-2 |
| Edizione | [Second edition.] |
| Descrizione fisica | 1 online resource (xiii, 274 p.) : ill |
| Disciplina | 158.1 |
| Soggetti | Self-management (Psychology) Self-actualization (Psychology) |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | "It's your life - what are you going to do with it?"--title page. |
| Nota di bibliografia | Includes bibliographical references. |
| Nota di contenuto | Cover -- Contents -- About the authors -- Chapter one -- change happens -- why is it important to be able to change? -- Welcoming change -- Fear of change -- Making changes -- About the book -- Chapter two -- BYO -- can you be your own life coach? -- What is life coaching? -- The sporting model -- Coaching and therapy -- Who uses coaching? -- Where have the techniques in this book come from? -- Coaching is about change -- Can you coach yourself? -- Chapter three -- all change -- what works and what doesn't -- Change is difficult -- Thoughts, feelings, behaviour and situations -- Understanding change -- Model of change -- Costs and benefits -- Weighing up the costs -- So what does work? -- Ambivalence is normal -- Chapter four -- hopes and dreams -- what do you really want? -- You've got to have a dream -- Fuzzy vision -- Imagining the future -- Letter from the future -- Understanding values -- Angela's story -- Chapter five -- whatever turns you on -- exploring motivation -- What do you really want? -- What motivates us to change? -- Setting goals -- Maintaining motivation -- Chapter six -- from negative to positive -- turning ANTs into PETs -- Fear of failure -- Feelings are real, but they are not reality |

-- Negative self-talk and false assumptions- giving our power away --
Cost-benefit analysis -- Turning ANTs into PETs -- Disputing negative
thoughts and replacing them with PETs -- Behavioural effectiveness
inventory -- Building a solid House of Change -- Chapter seven --
solutions, solutions,solutions -- Moving away from the problem,
towards a solution -- Miracles happen -- Life coaching focuses on
constructing solutions, not deconstructing problems -- Exceptions --
Chapter eight -- gathering strength -- Working out where your
resources lie -- Mindfulness -- Already halfway there? -- Give your
project a name -- Give something back.
Chapter nine -- staying on track -- Take small steps -- Scaling --
GROW -- Anticipate problems -- Chapter ten -- do it with a friend --
co-coaching -- What is co-coaching? -- Should I co-coach? --
Listening is the key -- Chapter eleven -- success -- Taking the credit
for success -- Celebrating success -- Tracking your successes --
Chapter twelve -- coach yourself: a life-coaching programme for
change -- About the programme -- How do we create change? -- The
Coach Yourself programme -- Further reading.

Sommario/riassunto

Imagine waking up tomorrow morning and your life being exactly how
you want it to be. This book will help you help yourself to find where
this is - and get there. The only self-coaching book written by a
business psychologist and based on scientifically tested techniques,
it reveals the power of knowing how to coach yourself.....
