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Titolo	Becoming a Coach : The Essential ICF Guide // by Jonathan Passmore, Tracy Sinclair
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Descrizione fisica	1 online resource (XXII, 297 p. 23 illus., 15 illus. in color.)
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Introduction: Marshall Goldsmith -- Section 1 -- Chapter 1. What is coaching? -- Chapter 2. Who am I? -- Chapter 3. Understanding clients -- Chapter 4. Coach maturity -- Section 2. Developing core coaching competences -- Chapter 5. Ethics & professional conduct (competency 1) -- Chapter 6. Contracting (competency 2) -- Chapter 7. Relationship (competency 3) -- Chapter 8. Presence (competency 4) -- Chapter 9. Active listening (competency 5) -- Chapter 10. Powerful questions (competency 6) -- Chapter 11. Direct communication (competency 7) -- Chapter 12. Creating awareness (competency 8) -- Chapter 13. Moving to action (competency 9, 10 & 11) -- Chapter 14. Integrating the behaviors (Summary) -- Section 3. Approaches to coaching -- Chapter 15. The Henley Eclectic Model -- Chapter 16. Behavioural approach and the GROW model. .
Sommario/riassunto	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 programmes 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. "Becoming a Coach is the perfect place to start your coach development journey. The book provides a comprehensive coverage of the issues in coaching and offers an essential guide to the new ICF coach competencies for new and developing coaches". - Marshall Goldsmith - Thinkers 50 #1 Executive Coach for 10 years. "Whether you are becoming a coach, or are a seasoned coach supervisor, mentor, trainer, or educator, this book is your vital companion. The authors bring decades of experience and research into one powerful resource. Grounded in evidence-based models, plus tools, activities, reflective exercises and more, this book is a must-read!" Dr. Laura L. Hauser, MCC, MCEC / Training Director, Team Coaching Operating System® / Faculty, Fielding Graduate University coaching program / Executive Officer, GSAEC.org This is one of those rare books which has something for everyone. One of the most comprehensive guides to becoming a powerful coach which starts from the basics and takes us to the essentials of mastery. This book has embraced the complexity of coaching literature, approaches and tools. It has then structured and presented them in a fashion that brings together the chaos to a usable format. I can safely say that this book would offer a new idea, approach or perspective even to the most experienced of coaches. Shweta HandaGupta, MCC, Change Leadership Coach, QuadraBrain® Transformation Solutions, Global ICF Young Leader Award Recipient, 2018 "In this crowded confusing profession called coaching, Sinclair and Passmore have written the guidebook that clears the fog for coaches on their path to coaching excellence. Becoming a Coach clarifies the distinction of coaching and why it is so effective, provides specific practices for embodying a coaching mindset, and is full of tools that will elevate your coaching impact. No matter where you are on your journey, this book will give you a bright light to follow". Dr. Marcia Reynolds, MCC, ICF Global Board Past Chair, Author of Coach the Person, Not the Problem: A Guide to Using Reflective Inquiry.
