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| Nota di contenuto | Contents; Foreword; Acknowledgements; PART ONE Overview and introduction; CHAPTER ONE Introduction; CHAPTER TWO What is executive coaching?; PART TWO The seven core capabilities of effective executive coaching; CHAPTER THREE Rapport building; CHAPTER FOUR Deep listening; CHAPTER FIVE Creative questioning; CHAPTER SIX Giving effective feedback; CHAPTER SEVEN Clear goal setting; CHAPTER EIGHT Intuition; CHAPTER NINE Presence; PART THREE The Achieve Coaching Model® - the systematic approach to effective executive coaching; CHAPTER TEN Step 1: Assessing the current situation CHAPTER ELEVEN Step 2: Creative brainstorming of alternatives CHAPTER TWELVE Step 3: Honing goals; CHAPTER THIRTEEN Step 4: Initiating options; CHAPTER FOURTEEN Step 5: Evaluate options; CHAPTER FIFTEEN Step 6: Valid action programme design; CHAPTER SIXTEEN Step 7: Encouraging momentum; PART FOUR Using the Achieve Coaching Model® in context; CHAPTER SEVENTEEN The seven core |

capabilities in context; CHAPTER EIGHTEEN Measuring the effectiveness of executive coaching; CHAPTER NINETEEN Future trends and outlook; Further reading and organizations; Appendices

Sommario/riassunto

Based on the author's research and consultancy practice, this book builds on the GROW coaching model and introduces a model which involves 5 core capabilities and a 7-step process - The Achieve Coaching model.
