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| Autore | Iveson Chris. |
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| ISBN | 1-136-50310-2 0-203-14441-4 |
| Descrizione fisica | 1 online resource (210 p.) |
| Collana | Essential coaching skills and knowledge |
| Altri autori (Persone) | GeorgeEvan RatnerHarvey |
| Disciplina | 616.89/147 |
| Soggetti | Brief psychotherapy Personal coaching Counseling psychology Counseling psychologist and client Electronic books. |
| 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 | Front Cover; Brief Coaching; Copyright Page; Contents; Preface; Acknowledgements; 1. Introduction; 2. Basic principles; 3. Establishing the contract; 4. Preferred futures; 5. What is already working?; 6. Scales; 7. Closing a session; 8. Second and subsequent sessions; 9. Back to work; 10. The manager-coach; 11. Last words; Appendix: Solution focused questions; References; Index |
| Sommario/riassunto | Brief Coaching offers a new approach to coaching by considering how the client will know when they have reached their goal, and what they are already doing to get there. The coach aims to work towards the solution rather than working away from the problem, so that the client's problem is not central to the session, but instead the coach and the client work towards the client's preferred future. This book employs case examples and transcripts of sessions to offer guidance on: looking for resources rather than deficitsexploring possible and prefer |