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Nota di contenuto	SECTION 1: THE NATURE OF COACHING AND COACHING SUPERVISION -- Chapter 1. Coaching defined -- Chapter 2. The state and future of coaching supervision-- SECTION 2: COACHING THEORY -- Chapter 3. Does coaching work or are we asking the wrong question? -- Chapter 4. A languishing-flourishing model of goal striving and mental health for coaching populations -- Chapter 5. Addressing deficit performance through coaching using motivational interviewing for performance improvement at work -- Chapter 6. Does coaching psychology need the concept of formulation?-- Chapter 7. An integrated model of goal-focused coaching: An evidence-based framework for teaching and practice-- SECTION 3: INSIGHTS FROM QUALITATIVE RESEARCH -- Chapter 8. Super-vision, extra-vision or blind faith? A grounded theory study of the efficacy of coaching supervision-- Chapter 9. Coaching with emotion: How coaches deal with difficult emotional situations -- Chapter 10. Critical moments of clients and coaches: A direct-comparison study -- Chapter 11. Differences between critical moments for clients, coaches, and sponsors of coaching -- Chapter 12. One-to-one coaching as a catalyst for personal development: An Interpretative

Phenomenological Analysis of coaching undergraduates at a UK university -- SECTION IV: INSIGHTS FROM QUANTITATIVE COACHING PSYCHOLOGY RESEARCH -- Chapter 13. Evidence-based life coaching for senior high school students: Building hardiness and hope -- 14. Positive coaching with frontline managers: Enhancing their effectiveness and understanding why -- Chapter 15. Evaluating the impact of a peer coaching intervention on well-being amongst psychology undergraduate students -- Chapter 16. A pilot study evaluating strengths-based coaching for primary school students: Enhancing engagement and hope -- Chapter 17. The quantitative assessment of Motivational Interviewing using Co-Active Life Coaching skills as an intervention for adults struggling with obesity -- SECTION 5: INSIGHTS FROM MIXED METHODS COACHING PSYCHOLOGY RESEARCH -- Chapter 18. Coaching as a learning methodology -- a mixed methods study in driver development using a randomised controlled trial and thematic analysis -- Chapter 19. Evaluating a coaching and mentoring programme: Challenges and solutions -- Chapter 20. Towards a model of coaching transfer: Operationalising coaching success and the facilitators and barriers to transfer -- Section 6: The future of coaching research

Sommario/riassunto

A comprehensive review of the practice and most recent research on coaching *Coaching Researched: Using Coaching Psychology to Inform Your Research and Practice* brings together in one authoritative volume a collection to the most noteworthy papers from the past 15 years from the journal *International Coaching Psychology Review*. Firmly grounded in evidence-based practice, the writings are appropriate for the burgeoning number of coaching researchers and practitioners in business, health, and education. The contributors offer a scientific framework to support coaching's pedagogy and they cover the sub-specialties of the practice including executive, health, and life coaching. The book provides a comparative analysis in order to differentiate coaching from other practices. Comprehensive in scope, the book covers a wide-range of topics including: the nature of coaching, coaching theory, insights from recent research, a review of various coaching methods, and thoughts on the future of coaching. This important book: Offers a collection of the most relevant research in the last 15 years with commentary from the *International Coaching Psychology Review* journal's chief editor Contains information on both the theory and practice of the profession Includes content on topics such as clients and coaching, an integrated model of coaching, evidence-based life coaching, and much more Presents insights on the future of coaching research Written for students, researchers, practitioners of coaching in all areas of practice, *Coaching Researched* offers an accessible volume to the most current evidenced-based practice and research.
