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Descrizione fisica	1 online resource (210 p.)
Collana	Essential coaching skills and knowledge
Altri autori (Persone)	GeorgeEvan RatnerHarvey
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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 deficit exploring possible and preferred futures.