

1. Record Nr.	UNINA9910819444703321
Autore	Iveson Chris
Titolo	Brief coaching : a solution focused approach // Chris Iveson, Evan George and Harvey Ratner
Pubbl/distr/stampa	London ; ; New York, : Routledge, 2012
ISBN	1-136-50309-9 1-136-50310-2 0-203-14441-4
Edizione	[1st ed.]
Descrizione fisica	1 online resource (210 p.)
Collana	Essential coaching skills and knowledge
Altri autori (Persone)	GeorgeEvan <1951-> RatnerHarvey
Disciplina	616.89/147
Soggetti	Brief psychotherapy Personal coaching Counseling psychology Counseling psychologist and client
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 deficitexploring possible and preferr