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Soggetti	Positive psychology Counseling - Methodology
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	About the author -- Foreword -- Preface -- Acknowledgements -- Introduction -- Current state of coaching and coaching psychology : where are you now? -- The foundation of coaching psychology : being positive and learning how to learn -- Definitions : coaching psychology, coaching, mentoring and learning -- Becoming a learning organization through coaching & mentoring : how do you introduce a coaching/mentoring programme into an organisation? -- Grow model and universal integrative framework : build your own model and apply it -- Techniques and tools : what is in your tool box -- Practical exercises : time to practise -- Collecting your own successful stories : building a database of good practice -- Evaluation & evidence-based coaching : why is it important? and how to? -- Reflection and resources : where could li get further training, support and information? -- References -- Index.
Sommario/riassunto	Coaching Psychology: A Practitioner's Guide takes an in-depth look at the applications and everyday challenges faced by real-world practitioners of coaching and mentoring psychology, and is ideal as a companion to The Psychology of Coaching, Mentoring and Learning.

This guide presents the first book to translate a unified approach to coaching and mentoring into a guide for practice. It is ideal for coaches, mentors, psychologists, and other professionals interested in this area of practice.

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