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Titolo	Developmental coaching : life transitions and generational perspectives // edited by Stephen Palmer and Sheila Panchal
Pubbl/distr/stampa	Hove, East Sussex ; ; New York, : Routledge, 2011
ISBN	1-136-88900-0 1-283-52019-2 9786613832641 0-203-84006-2 1-136-88901-9
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xvi, 224 p.) : ill
Collana	Essential coaching skills and knowledge
Altri autori (Persone)	PalmerStephen <1955-> PanchalSheila
Disciplina	158/.3
Soggetti	Personal coaching Aging - Psychological aspects Age groups - Psychological aspects Change (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1 Life transitions and generational perspectives; Part I Developmental coaching - transitions and turning points; 2 Childhood transitions and celebrating strengths; 3 Coaching through the teenage years; 4 From twenties to thirties; 5 Becoming a parent; 6 Modern mid-life; 7 Looking forward to retirement; Part II Developmental coaching - themes and applications; 8 Positive psychology and strengths coaching through transition; 9 Managing generations; Final reflections; Web resources; Index.
Sommario/riassunto	Developmental Coaching explores many of the common transition points we experience throughout life, including teenage transitions, becoming a parent, mid-life and retirement. The book sets these transitions in their social context and reviews them in the light of generational factors. The book is introduced with key psychological concepts from areas such as lifespan development and positive

psychology, in addition to insights from other disciplines, including management theory and sociology. The main topics of discussion are: coaching tools and techniques; broader societal and generational trends; how coaching can help individuals to realise positive growth. With case studies throughout, Developmental Coaching offers an essential resource for practising coaches, coaching psychologists, counsellors and other professionals who wish to further their knowledge of the developmental aspects of coaching and dealing with life transitions.
