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Titolo	Becoming a Coach : The Essential ICF Guide // by Jonathan Passmore, Tracy Sinclair
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Edizione	[2nd ed. 2024.]
Descrizione fisica	1 online resource (302 pages)
Altri autori (Persone)	SinclairTracy
Disciplina	658.3124
Soggetti	Positive psychology Personal coaching Vocational guidance Personnel management Positive Psychology Coaching Career Counseling Human Resource Development
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Section 1 -- What is coaching -- Who am I? -- Understanding clients -- Coach maturity -- Section 2: Developing core coaching competences -- Ethics & professional conduct (competency 1) -- Contracting (competency 2) -- Relationship (competency 3) -- Presence (competency 4) -- Active listening (competency 5) -- Powerful questions (competency 6) -- Direct communication (competency 7) -- Creating awareness (competency 8) -- Moving to action (competency 9, 10 & 11) -- Integrating the behaviors (Summary) -- Section 3: Approaches to coaching -- The Henley Eclectic Model -- Behavioural approach and the GROW model -- Humanistic approach & the Time to think model -- Cognitive behavioural approach and ABCDE model -- Systemic approach -- Gestalt approach -- Solution Focused approach -- Psychodynamic -- Neuroscience Integration -- Tools and techniques -- Coaching tools -- A series of short chapters (15-20) each describing a different tool and how the tool might be used in coaching practice --

Developing your coaching practice A series of short chapters on how to reflective practice, supervision and continuous professional development -- Contracting with clients (multi-party contracts – psychological contract, organizational coaching and individual contract) -- Maintaining an ethical approach (Ethical decision making & referrals) -- Continuous professional development (coach mentoring, recorded sessions and feedback, reading, journaling) -- Supervision (what is supervision and how can it help your practice) -- Developing your business (how to develop your coaching business).

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#### Sommario/riassunto

This new and fully updated edition of the bestselling *Becoming a Coach: The Essential ICF Guide* brings this essential guide for ICF coaches up to date for 2024 and onwards. This book equips you with the skills and knowledge you need to develop yourself as a professional coach. It will encourage you to reflect on who you are, what you do and how you can enhance your skills. By drawing on the ICF Gold Standard for coach training and the latest coaching research, it will ensure your practice is well-informed by evidence and is up to the highest professional standards. The book will also help you as you undertake any coaching training program, deepening your understanding of the core skills to be a coach and broadening your thinking as to how these can be applied with real clients in your own coaching practice.

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