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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1: Introduction -- Chapter 2: Psychological Foundations of Coaching -- Chapter 3: Positive Psychology -- Chapter 4: Coaching -- Chapter 5: Benefits of Coaching -- Chapter 6: Coaching Skills -- Chapter 7: Positive Psychology Coaching Practice -- Chapter 8: Coaching Individuals -- Chapter 9: Coaching Individuals in an

Organisational Setting -- Chapter 10: Purposes for Coaching -- Chapter 11: Coaching for Self-Awareness and Insight -- Chapter 12: Coaching for Behavioural Change -- Chapter 13: Coaching for Personal Development -- Chapter 14: Coaching for Performance Improvement -- Chapter 15: Coaching for Learning, Growth and Development -- Chapter 16: Coaching for Career Development -- Chapter 17: Coaching for Leadership Development -- Chapter 18: Coaching for Change Management -- Chapter 19: Coaching for Innovation -- Chapter 20: Coaching for Executive Development -- Chapter 21: Coaching for Strategic Leadership -- Chapter 22: Coaching for Transformation Change.

Sommario/riassunto

This book provides evidence for coaching from psychology perspectives, aiming to inform academics, researchers and students of the efficacy of positive psychology coaching practice for both individuals and organizations. It integrates three areas of research, providing a multifaceted analysis of coaching from traditional psychology, positive psychology, and coaching research findings. Finally, it introduces a comprehensive new model of coaching (COACH) based on the psychological and educational foundations of coaching, explaining its effectiveness and adaptability across settings and individuals.
