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Autore	McLean Pamela
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Nota di contenuto	The Completely Revised Handbook of Coaching: A Developmental Approach; Contents; Foreword; Preface; Acknowledgments; The Author;

Part One: An Introduction to Coaching; 1: The Evolution of Coaching; A Brief Examination of Early Work in Coaching; Early Conceptions of Coaching and Links to Mentoring; From Nascent to Mainstream; Individual Biases to Substantive Research; Coaching Is Coaching Is Coaching; or Is It?; From Corrective to Developmental; Accountability Matters; Market Realities; What remains the same?; 2: The Future of Coaching; Broad Agreement on Theories and Concepts Commitment to Continual Cultivation of Self as CoachA Reliable Coaching Methodology; A Developmental and Holistic Perspective on the Client's Life; Tracking Results; Dominant Coaching Arenas; Conscientious Commitment to the Journey to Mastery; Part Two: Self as Coach; 3: Self as Coach: An Introduction; 4: Building Capacity as a Coach; The Origins of Self as Coach; Cultivating the Self-as-Coach Domain; What Self as Coach Entails; Presence; Empathic Stance; Range of Feelings; Boundary Awareness; Somatic Awareness; Courage to Challenge; Common Self-as-Coach Challenges for the Coach Uneasy with Conflict (Courage to Challenge)Uncomfortable Giving Feedback (Courage to Challenge); Fearful of Feelings (Range of Feelings); Unaware of Impact (Presence, Somatic Awareness); One Speed Only-Fast (Presence, Somatic Awareness); Caring Too Much (Boundary Awareness, Empathic Stance); Inner Judging (Presence); Deepening the Self-as-Coach Domain; Six Reflective Practices to Strengthen Self-as-Coach Capacity; Reflective Practices for Strengthening Presence; Reflective Practices for Empathy Building; Reflective Practices for Deepening Range of Feelings Reflective Practices for Cultivating Boundary AwarenessReflective Practices for Cultivating a Somatic Awareness; Reflective Practices for Courage to Challenge; 5: Leading from Behind; A Closer Look at How Change Happens; Transactional Analysis Paradigm; Lewin's Force Field Analysis; Coaching for Lasting Change; Part Three: Theories Informing the Essentials of Coaching; 6: Theories: An Introduction; 7: Theories Supporting the Self-as-Coach Domain; Theoretical Foundations for Self as Coach; Johari Window; Emotional Intelligence; Reflection-in-Action; Analytical Theories in Psychology Sigmund FreudAlfred Adler; Carl Gustav Jung; Erik H. Erikson; Contemporary Theories in Psychology; Gestalt Theory; Transactional Analysis Theory; Family Systems Theory; Field of Adult Development; Bernice Neugarten; Daniel Levinson; Robert Kegan; Carol Gilligan; 8: Theories Supporting the Coaching Methodology Domain; The Working Alliance; Change Theory; Kurt Lewin; Robert Kegan and Lisa Lahey; Richard Boyatzis; Rick Mauer; Doug Silsbee; Systems Thinking; Homeostasis; Triangulation; Family Roles; The Interactional Force Field; Outcome Research; Ethics in Coaching 9: Theories Supporting Skill-Based Competencies

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## Sommario/riassunto

When the first edition of *The Handbook of Coaching* was published in 1999 it was an innovative resource that offered a compendium of basic information about the then burgeoning field of adult coaching. Written for experienced and aspiring coaches, as well as for executives and human resource professionals interested in this expansive profession, this thoroughly revised and updated edition describes the essential underpinnings of successful coaching and includes a comprehensive, annotated list of books, articles, and other resources. The second edition also contains chapters that focus on

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