

## Executive Coaching Journals

Coaching and Mentoring for Business seeks to go beyond the vast body of skills-based literature that dominates the study of coaching and mentoring and focus on the contribution that coaching can make to the implementation of human resource strategy and organizational strategy. Grace McCarthy includes an introduction to coaching and mentoring theory, then goes on to look at coaching and mentoring skills, and how they may be applied in relation to individual change, coaching and mentoring for leaders and by leaders, coaching and mentoring for strategy, innovation and organisational change, as well as coaching and mentoring in cross-cultural and virtual contexts. Coaching and Mentoring for Business also explores ethical issues in coaching and mentoring before concluding with the evaluation of success in coaching and mentoring and a discussion of emerging issues. Key Features: Vignettes to help readers consolidate their learning by illustrating real life situations Web links to useful academic and professional resources A companion website with PowerPoint slides, a lecturer's guide and self-assessment quizzes available at [www.sagepub.co.uk/mccarthy](http://www.sagepub.co.uk/mccarthy) Electronic inspection copies are available for instructors.

Research in Organizational Change and Development provides a special platform for scholars and practitioners to share new research-based insights. Volume 21 continues the tradition of providing insightful and thought-provoking chapters. Papers bring new perspectives to classic issues in the field such as organizational complexity, change leadership, emotional intelligence and interorganizational change.

If you want to improve your leadership skills and develop to be inspirational, then keep reading. Reflection from your leadership role is critical for your understanding of your style. Many leaders end up in leadership roles because they are good at their job, not because they are good leaders. If we are not careful, we will not develop our skills further, and we will become stale in our practice. All leaders require Continued Professional Development (CPD) and effective supervision to maintain high standards. This journal will guide you in your performance as a leader. Furthermore, it will aid development using reflection and coaching questions. It provides greater knowledge of key leadership skills and encourages opportunities for personal reflection on current practice to enable a growth mindset. Application of the fundamentals will improve your knowledge and understanding of effective leaders and facilitate an improved awareness of self in the role. A journal is a fantastic resource to write your reflections every day. All you need to do is write for five minutes at the end of the working day, or before you go to bed, it is up to you. Writing in a journal can create significant changes in your life when done correctly. It's an excellent opportunity to create a habit and build this into your life and as an example, make it part of your daily routine. Our journals are different from other journals. They don't just list goals and actions for the day. Of course, this is important, but they develop these further by using coaching questions to guide you on the specific subject areas. This is aimed at individuals keen on personal improvement because we believe you can create change. Famous journal keepers include inventor Leonardo da Vinci and entrepreneur Benjamin Franklin. Their experiences demonstrate just how versatile journaling is and how almost anyone can benefit from this practice. In this book, you will discover: Leadership reflection Improved self-awareness 100 day leadership templates 10 day reviews Action planning for the future Opportunities to understand good leadership practice Improved leadership techniques and skills Greater awareness of leadership style Whether you are a newly appointed leader or have some experience of leadership, keeping your reflections in a journal will provide you with a deeper understanding of your patterns. A leadership journal works for everyone, and it will work for you. The authors are experts in the field of leadership, management and humanistic behaviour. Claire has an MSc in coaching and specialises in relational and executive coaching and over 35 years experience in training delivery and leadership coaching. Ralph has more than 30 years of experience of training delivery and has a vast track record of the design and delivery of leadership programmes. Ralph and Claire are international consultants and hold master trainer status. We have 5-star status with Trustpilot and our testimonials are legendary: "I attended the foundation leadership course at our Newcastle office with Claire and Ralph working as a team to deliver engaging and insightful sessions. The course taught me a lot about others, as well as myself. Came away inspired and even more motivated to achieve my goals. I Would recommend their courses without hesitation". Anoushka Patel "Superb training company. Delivered a first-class leadership course which was both relevant and informative. Highly recommended A\*\*\*". Toby Steevenson. If you want to improve your leadership skills significantly, then scroll up and click ;Add to Cart Button.

This volume presents evidence-based ideas on all three converging forces to suit an array of individuals and their organisations. The volume is thick with evidence, detail and case studies that the reader can draw upon and apply to their own situations. ? Defining exactly what is leadership has been a persistent problem for researchers and theorists. Discovering how to create or produce leaders likewise has been a difficult challenge over the years. Written by an academic, executive and coach, the author focuses on three important converging aspects: leadership, followership and coaching. Focus on leaders is disproportionate to what actually occurs within most organisations especially the relationship between the leader and the followers. That leadership is tantamount with being in control of a situation is challenged, together with the belief that leadership capability is primarily shaped in line with a set of success criteria. The coach plays a significant part in this process although rarely visible.

This volume examines what positive psychology offers to our understanding of key issues in working life today. The chapters focus on such topics as strengths, leadership, human resource management, employee engagement, communications, well-being, and work-life balance.

Market-leading ORGANIZATION DEVELOPMENT AND CHANGE, 10th Edition blends rigor and relevance in a comprehensive and clear presentation. The authors work from a strong theoretical foundation to describe, in practical terms, how behavioral science knowledge can be used to develop organizational strategies, structures, and processes. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

What does a typical coaching process look like? What are the steps that lead through that process? This book examines these questions and others in a review of the current literature about executive coaching. The authors continue the discussion with a look at the themes revealed through their review and lay the groundwork for thinking about executive coaching as a process and relationship rather than just a brief "fix-it" intervention.

Does your coaching practice actually help people to achieve their goals? If you are a coach, you will love this coaching journal! In the midst of your coaching activities, you must help your coaching client find the magic that makes them become more alive and achieve their goals. Use this blank lined coaching notebook to write your coaching notes and that you can be better equipped to serve your clients. Use this writing journal to inspire your creativity in asking great coaching questions that will ultimately help your

clients to find new freedom and new lives. \* Be practical and helpful as you coach each individual, family or group. \* 108 lightly lined pages provide plenty of space for writing your coaching notes, insights, personal reflection, or sketching. \* Blank Notepad Page \* Journal measures 6 inches wide x 9 inches high. \* An excellent value. PERFECT GIFT FOR COACHES: Whether buying for yourself or a life coach that you know of, this notebook makes the perfect gift. Coaching Notebooks are great for journaling, Check listing during coaching sessions. Record your coaching sessions, keep your clients accountable, and help them find their true selves by using this journal to keep track of their thoughts and actions.

This book serves to provide a detailed exploration of the various leadership exhibited today. In order to better comprehend the organic link between styles of leadership, this book deals with almost all models of leadership and demonstrates how dynamic these forms of leadership actually are. It is an essential and extensive reference point for both academics and practitioners.

Effective Leader Journal A Journal to Build Your Leadership Skills with Power and Reflection

This volume is a joint publication in the Research in Management Consulting and Contemporary Trends in Organizational Change and Development series. This dual focus reflects the reality that consulting for organizational change is a special type of management consultation, a complex field of endeavor that requires a broad range of skills and competencies. To be truly effective, change-related consulting requires a unique client-consultant relationship, a special set of consulting skills, an expertise in human and organizational systems, and significant personal qualities. It is in high demand in a world full of change. Yet, we still know relatively little theoretically about this type of consulting and have relatively little empirical evidence about what actually works and why. As the contributors amply illustrate, the Organization Development (OD) field has a well developed set of frameworks, technologies, and models of change. Still we need to focus on and learn more about the role of the OD consultant as a special kind of change agent. A goal of this joint volume is to increase that specific body of knowledge and provide an illustration of much needed collaboration in bringing all possible resources to bear on our understanding of an increasingly critical and essential form of consulting.

Strong academic advising has been found to be a key contributor to student persistence (Center for Public Education, 2012), and many are expected to play an advising role, including academic, career, and faculty advisors; counselors; tutors; and student affairs staff. Yet there is little training on how to do so. Various advising strategies exist, each of which has its own proponents. To serve increasingly complex higher education institutions around the world and their diverse student cohorts, academic advisors must understand multiple advising approaches and adroitly adapt them to their own student populations. Academic Advising Approaches outlines a wide variety of proven advising practices and strategies that help students master the necessary skills to achieve their academic and career goals. This book embeds theoretical bases within practical explanations and examples advisors can use in answering fundamental questions such as: What will make me a more effective advisor? What can I do to enhance student success? What conversations do I need to initiate with my colleagues to improve my unit, campus, and profession?

Linking theory with practice, Academic Advising Approaches provides an accessible reference useful to all who serve in an advising role. Based upon accepted theories within the social sciences and humanities, the approaches covered include those incorporating developmental, learning-centered, appreciative, proactive, strengths-based, Socratic, and hermeneutic advising as well as those featuring advising as teaching, motivational interviewing, self-authorship, and advising as coaching. All advocate relationship-building as a means to encourage students to take charge of their own academic, personal, and professional progress. This book serves as the practice-based companion to Academic Advising: A Comprehensive Handbook, also from NACADA. Whereas the handbook addresses the concepts advisors and advising administrators need to know in order to build a success advising program, Academic Advising Approaches explains the delivery strategies successful advisors can use to help students make the most of their college experience.

This book features papers of prominent representatives of the German coaching scene on the professional development of this counseling format. The book thereby offers guidelines for practicing professionals and for scientists as well as for potential users of coaching. Coaching is, after all, developing rapidly. The number and the variety of offers, fields of application, concepts and issues have become hard to keep track of. Efforts to establish coaching professionally are becoming all the more necessary. – In light of the growing internationalization of the coaching market, the translation of this book, which was published in German in 2015, aims at networking the debates and contributing to the global development of professional coaching.

The SAGE Handbook of Coaching presents a comprehensive, global view of the discipline, identifying the current issues and practices, as well as mapping out where the discipline is going. The Handbook is organized into six thematic sections: Part One: Positioning Coaching as a Discipline Part Two: Coaching as a Process Part Three: Common Issues in Coaching Part Four: Coaching in Contexts Part Five: Researching Coaching Part Six: Development of Coaches It provides the perfect reference point for graduate students, scholars, educators and researchers wishing to familiarize themselves with current research and debate in the academic and influential practitioners' literature on coaching.

Since 2001, the Gallup Management Journal has provided leaders with essential insights into managing the human side of their businesses: their employees and customers. This book features articles from the first seven years of the journal that could not be more relevant today, as executives continue to struggle with the transition into a 21st century global economy. A range of voices is included in these pages. A Ritz-Carlton executive tells how his company is reinventing its world-class brand, while a leader at Ann Taylor describes how the retailer invests in talent. Nobel Prize winner Daniel Kahneman probes how customers think, while one of the founding fathers of the Internet, Vinton Cerf, speculates on the future of a connected world. With its lively writing and penetrating, research-driven insights, The Best of the Gallup Management Journal 2001-2007 is essential reading for leaders who want to engage employees and customers in a hyper-competitive and ever-changing global economy.

This comprehensive guide to coaching explores a full variety of coaching theories, approaches and settings, and offers strategies for the reader to identify and develop a personal style of coaching. The book is divided into three parts: - Part One explores the theoretical traditions that underpin the foundation for coaching such as cognitive-behavioural, Gestalt and existential. - Part Two covers applied contexts, formats or types of coaching such as life, executive, peer, team and career coaching. - Part Three focuses on professional issues that impact the coach such as ethics, supervision, continuing professional development, standards and mental-health issues. Written by leading international authors, each chapter makes explicit links between theory and practice and generic questions will facilitate further reflection on the topic. There are also suggestions for reading, and short case studies. This is the first book to explore the differences between the theoretical perspectives of coaching and the links between these perspectives in relation to contexts, genres and media of coaching.

Executive coaching is a professional and personal development intervention that organizations introduce to address and improve those areas in managers and leaders behavior, attitude, and interactions with others that do not allow him/her to work at full potential and also to further improve one's own strengths. The end objective, besides the development of the managers and leaders, is for the organization to benefit in the long-run from the coachee's improved performance. The book provides a comprehensive overview of the executive coaching field both in terms of practice and in terms of relevant research on executive coaching outcomes. It assesses the empirical research on executive coaching outcomes and links the executive coaching field with the fields of leadership and leadership development. The book will be of value to both practitioners (coaches, HR professionals, executives, consultants etc.), academics and researchers with an interest in coaching or leadership development.

Leadership Coaching offers a new model of coaching for leadership development. It explains how the brave model extends existing leadership theories, and includes specific coaching processes and sense-making techniques to allow the reader to understand how the model would work in practice. The book begins by asking why it is important for leaders to be brave. It provides an overview of existing leadership theories, and their limitations, as well as introducing the brave coaching approach and the elements that comprise the model. The book includes practical case studies that provide insights into the range of applications for the brave leadership coaching framework. Based on academic research, and written in an accessible scholarly style, this book shows how coaching can assist in decision making, leading to a different, braver form of personal and corporate leadership. It should be of interest to students of management, leadership, coaching and mentoring, as well as professional coaches and leaders.

The coaching profession is growing and innovating. According to the International Coaching Federation (ICF), coaching earns over \$3 Billion per year with over 100,000 practitioners of coaching. This book is for both practitioners and scholars of executive coaching. Coaching is an exciting and powerful skillset that allows individuals to empower others and helps individuals to generate awareness that opens the door for great levels of success. The approach of this book is to look at the theoretical framework of coaching as it applies to the actual practice of coaching others and groups. It is important to ground practice in theory and research to bring together the researched framework to help to inform the approach. There is an old proverb that states: "Theory is when you know everything but nothing works. Practice is when everything works but no one knows why." The approach of this book will enable the student with the theory, the processes and the skills to coach in a way that works and to be able to understand the why behind the success as well as make it replicable.

Executive coaching is an increasingly popular means for developing organizational leaders. This sourcebook provides a resource for both practitioners and researchers interested in gaining or updating their understanding of the current state of the executive coaching field and to enable them to do so in a systematic manner. By focusing on key research and practice in the executive coaching literature, this sourcebook provides not only a mechanism for consolidating our thinking about leadership coaching issues but also a succinct reference for building future research efforts.

This timely book offers a review of the current research and literature around creating a healthy organisation. Providing an informative guide of the field, it presents cutting-edge international research, which addresses the key areas of consideration for organisations as well as the areas in which they need to challenge organisational perceptions and innovate.

Praise for Advancing Executive Coaching "Rich in content, this book is an impressive and varied review of the field of coaching from a notable assembly of authors. It is thought provoking yet practical, and represents an important contribution to a fast-moving field. A must read for anyone interested in executive coaching and all organizations that want to implement coaching " —Marshall Goldsmith, executive coach and author of the New York Times best-sellers, *MOJO* and *What Got You Here Won't Get You There* "This excellent book on executive coaching takes the reader on an exciting journey of discovery and explores the link between practice and research. A great resource for HR professionals and coaches." —Professor Stephen Palmer, Ph.D., director of the Coaching Psychology Unit, City University, London, United Kingdom "If you are looking for a solid evidence-based book on leadership and executive coaching – look no further. From tools and techniques, to theoretical frameworks and practice advice on how to implement and measure leadership coaching – it's all here. A must-have for the novice and experienced executive coach alike. Enjoy!" —Anthony M. Grant, Ph.D., director, Coaching Psychology Unit, University of Sydney "The book offers both tested strategies and techniques and an exploration of emerging issues and new directions." —Cindy McCauley, Ph.D., senior fellow at the Center for Creative Leadership "The editors have compiled an 'all-star' roster of authors who tackle issues from implementing and evaluating coaching programs to maximizing the effectiveness of individual coaching relationships.

This book will be a must have for anyone interested in world-class executive coaching." —Kurt Kraiger, Ph.D., 2010 SIOP President, Professor and Director of the Industrial and Organizational Psychology Program at Colorado State University *Effective Coaching for New Start-Ups* Coaching is a specialized field of people development which can have a noticeable impact on both employee performance and the achievement of business goals, set targets and objectives. The need for coaching of young entrepreneurs and start-up businesses is very important and strategic to the growth, development and sustainability of SMEs. Hence, this book focuses on: - What 'Coaching' really is - Approaches, Models and Theories - The Coaching Programme for New Entrepreneurs. - Understanding Mentoring vs. Coaching - Professionalism of Coaching - Evolution of 'Internal Coaching' and Development of People in the Workplace - Great Lessons for Coaches, Mentors and Trainers Without a doubt, this book (with research approach and case studies of United Kingdom-based businesses) will help professionals find their way in the vast topic of supporting business start-ups and coaching.

Designed for the management and development of professional nurses, this text provides management concepts and theories, giving professional administrators theoretical and practical knowledge, enabling them to maintain morale, motivation, and productivity. Organized around the four management functions of Planning, Organizing, Leadership, and

Evaluation, it includes new chapters on total quality management, the theory of human resource development, and collective bargaining. Additionally, content has been added to include recommendations from the work of the Institute of Medicine and the Magnet Appraisal process.

This book introduces executive coaches to developmental psychology and stage leadership development as a measure of coaching effectiveness. It explains how they can transform themselves and their clients by applying a holistic system stage shift with 8 drivers of transformational change. The stages within adult development/vertical learning is one of the fastest growing trends in leadership development today yet there is no "go-to" book that provides a simple outline of the stages of development in terms of executive capabilities and role levels. There is also very little available on the drivers and dynamics of later stage development and how these can be leveraged through the course of executive coaching... until now. Executive coaching remains a growing field with little in the way of proven pathways to measurable outcomes. The "Figure-8 Holistic Energy Operating System Stage Shift" is inspirational. It is a highly innovative and integrative approach to stage development that liberates the mind, spirit and heart to realise our unlimited human potential. Worldwide, organizations invest heavily on their employees to enhance their capabilities and manage growth and build competitive advantage. Through a comprehensive approach, Corporate Coaching shows how organizations can use coaching as a development tool to improve the effectiveness of employees at all levels of management. This book focuses on how to improve individual and organizational performance using coaching, develop the leadership pipeline and evolve a coaching culture. The book is a 'How To' guide for corporate coaching, written primarily for human resource and learning and development professionals. It will help readers understand the nuances of corporate coaching and make better decisions in introducing coaching as an intervention for organization development. Sponsors or decision makers of coaching intervention can use the methods given in this book for measuring the return on coaching investment and evaluating the effectiveness of corporate coaching.

An invaluable resource for HR professionals and executive coaches, this book focuses on how to reduce the time needed to prepare high-potential (HIPO) leaders for next-level positions. Providing the leading trends, tools, and techniques in the industry, the book demystifies the process of HIPO development. It includes a powerful five-step process for increasing leaders' readiness, as well as a complete set of tools for running workshops on developmental planning and coaching. This text also serves as a core text for the author's Executive Coaching Certificate Programs.

More and more coaches are becoming credentialed and regularly engage in training and supervision to gain feedback and learn from their peers. Coaches (and the organisations that hire them) recognise the value of continuous professional development and reflective practice to give them a competitive edge. Yet very few leverage their own clients as a source of information in their professional development, despite the fact that clients spend more time observing and experiencing them in practice than all other observers combined. This book will help you make the most of this untapped resource. Applicable to executive coaches worldwide, as well as their educators and supervisors, this book will:

- Highlight effective executive coaching behaviours in relation to two major outcomes of coaching: the strength of the coach-client relationship and the generation of new insights for the client
- Present a structured process to educate your clients about the benefits of soliciting their feedback
- Offer a protocol to seamlessly ask for client feedback during a coaching session
- Demonstrate how to use client feedback to inform reflective practice, whether alone or in educational or supervision settings

With a deep evidence-base from the author's research in 25 countries, involving over 130 clients of executive coaching, this is compelling and pragmatic reading to support the use of client feedback in practice.

"Engaging with this book will prove to be developmental." —Tatiana Bachkirova, Professor of Coaching Psychology and Co-Director of the International Centre for Coaching and Mentoring Studies at Oxford Brookes University, UK "A must-have book if one wants to succeed in the highly competitive environment of executive coaching." —Wai K, ICF Master Certified Coach and Managing Partner, JMC Coach Mastery Academy, Malaysia "A welcome insight on how the coach's feedback can be used in a structured manner." —Carola Hieker, Co-Founder and Managing Director of HIL Coaching and Honorary Professor of Transformation Leadership at University College London, UK "A novel and invaluable contribution to the executive coaching literature." —Alan Sieler, Director, Newfield Institute and Ontological Coaching Institute, Australia "Fresh and well-researched." —Teresa J Pool, ACTP Director, UT Dallas Executive Coaching Certificate Program, USA H el ene Seiler is an international executive coaching practitioner, supervisor and educator with over 30 years of experience in leadership development and talent management. H el ene has worked and lived in North-America, Western Europe and South-East Asia.

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A state-of-the-art reference, drawing on key contemporary research to provide an in-depth, international, and competencies-based approach to the psychology of coaching and mentoring. Puts cutting-edge evidence at the fingertips of organizational psychology practitioners who need it most, but who do not always have the time or resources to keep up with scholarly research Thematic chapters cover theoretical models, efficacy, ethics, training, the influence of emerging fields such as neuroscience and mindfulness, virtual coaching and mentoring and more Contributors include Anthony Grant, David Clutterbuck, Susan David, Robert Garvey, Stephen Palmer, Reinhard Stelter, Robert Lee, David Lane, Tatiana Bachkirova and Carol Kauffman With a Foreword by Sir John Whitmore

"This second edition of the Handbook provides a comprehensive examination of lifelong learning. With 38 chapters (12 new and 23 updated), the approach is interdisciplinary, spanning human resources development, adult learning (educational perspective), psychology, career and vocational learning, management and executive development, cultural anthropology, the humanities, and gerontology. It covers trends that contribute to the need for continuous learning, considers psychological characteristics that relate to the drive to learn and the personal and professional value of learning throughout life, reviews existing theory and research on adult learning, describes training methods and learning

technologies for instructional design, and explores current and future challenges to support continuous learning. Chapters examine individual differences in learning motivation, styles of learning, and learning at different stages of adult life. They also account for situational conditions that stimulate, facilitate, or pose barriers to learning"--

A work exposing and exploring the phenomena of the dysfunctional workplace is long overdue. This fascinating book does just that, uncovering the subversiveness, counter-productive behaviour and unspoken issues that managers struggle with on a daily basis. This Companion not only explores organizational dysfunction as it concerns individuals, it also examines broader issues of dysfunction and its effects with regards teams, managers and organizational systems. Lively discussion encompasses the symptoms of distress, illness, absenteeism, and inefficiency that point towards behavioural disorders and system-wide malfunction. From personality disorders to wars over territory, the book chronicles and reveals the true nature of often hidden workplace problems including bullying, unethical behaviour, loss of trust, organizational deviance, cowardice, workaholism, negative humour and emotions, personality disorders, mismanagement, and malfunctioning performance and selection systems. So what can be done? Practical solutions to these dysfunctional phenomena are presented by international experts from a range of disciplinary backgrounds including management, psychology and economics. This fascinating, highly original book will be of enormous interest to students, researchers, academics and practitioners across all sectors of business and management, human resource management in particular.

With the first edition of this text, Peltier drew on his extensive experience in both the clinical and business worlds to create a comprehensive resource that brought psychological and coaching concepts together. It quickly became a practical and invaluable guide for both mental health practitioners looking to expand their practice into coaching and business professionals interested in improving their own coaching skills. In this updated edition, topics reflect the latest developments in the field of executive coaching. Peltier describes several important psychological theories and how to effectively translate them into coaching strategies; essential business lessons in leadership, marketing, and the corporate viewpoint along with vocabulary for the therapist; the challenges women face as managers and executives and effective coaching methods for working with them; and lessons from successful athletic coaches that can be integrated into consulting skills. This edition includes four new chapters, one describing psychopathology likely to be encountered by coaches. Another describes and evaluates emotional intelligence, a third summarizes adult developmental theory for coaches, and a fourth sorts out the popular and scientific literature on leadership and leader development.

A lack of entrepreneurial capacity, limited understanding of tourism markets and a lack of community understanding of tourism and its impacts have been identified as barriers to effective tourism development in peripheral regions. This book will provide a focused academic analysis of this emerging issue within tourism development practice, while critically examining the dimensions and processes of building community capacity to manage and develop a tourism industry.

Discover a wealth of issues in the field of consulting psychology with this landmark book. Explore key topics in assessment and evaluation, building teams, executive coaching, career counseling, interpersonal conflicts and relationships, benefit design, personality testing, and much more. Learn to delineate and better understand the wide array of information you are faced with, and become more adept and knowledgeable in the field of consulting psychology. This comprehensive volume has expert contributors recruited by the volume's editor--himself an eminent educator and practitioner in the field. You will get: Special issues in consulting to specific types of organizations including industry, schools, government, non-profit, and international Informative guidelines for professional practice procedures Organized sections on individual, group and organizational issues And much more! This eminently useful guide presents an up-to-date framework for Rational-Emotive Cognitive-Behavioral Coaching (RE-CBC), from basic concepts, techniques, and applications to evidence of how and why this versatile method works. It details how RE-CBC synthesizes the rational thinking, cognitive disputing, and semantic training traditions of RE and CB therapies into coaching strategies for solving problems or furthering personal development. The book's sections on process and techniques demonstrate the flexibility of the method as used in a variety of settings toward a gamut of purposes, illustrating Albert Ellis' central goal of long-term happiness through rational living. And specialized chapters offer applications of RE-CBC to familiar coaching domains (life, health, family, motivation) as well as to the complex worlds of business and organizations. Included in the coverage: · Coaching for rational living: rational-emotive, cognitive-behavioral perspectives. · Psychological blockers to successful coaching outcomes. · Enhancing positive psychology coaching practice. · Assessment, case formulation, and intervention models. · A step-based framework for coaching practice. · Plus: applications of Rational-Emotive Cognitive-Behavioral Coaching, including motivational, parent/family, workplace stress management, organizational change, school success, and sports performance. Coaching for Rational Living is a robust practice-building resource for coaches, psychologists, counselors, and health professionals, particularly mental health practitioners who use rational-emotive and cognitive-behavioral therapy and coaching.

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