



Confident Coaching (Teach Yourself)

Amanda Vickers, Steve Bavister

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From executive mentoring to life coaching—the principles, theories and practices of this crucial skill

Covering the fundamentals for those looking for an introduction to coaching, this guide also offers practice and extension for people with some existing coaching experience, whether they work inside a company or in a freelance capacity, in life coaching or executive coaching, or are managers wishing to coach their in-house teams more effectively. Areas covered include the various stages of coaching; fundamental models, theories, and concepts; interventions; timing; and practical tips for dealing with challenging situations. Sample coaching interactions are included to bring techniques to life, along with activities, case studies, anecdotes, and diagrams.

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