

THE COACHING MANUAL

2ND EDITION

THE DEFINITIVE GUIDE
TO THE PROCESS,
PRINCIPLES AND SKILLS
OF PERSONAL COACHING
JULIE STARR

**The Coaching Manual The Definitive Guide To The
Process Principles And Skills Of Personal Coaching By
Starr Julie 2010 Paperback**

Ben Dowman



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The Coaching Manual Julie Starr,2021-10-05 Translated around the world and recommended reading on many coaching programmes this bestselling book is trusted globally as the definitive guide to coaching This carefully revised edition will guide you through the entire process from first meeting to when coaching ends with methods tips and techniques that simply work Understand and develop the core skills and beliefs of an effective coach Know how to ask insightful questions that deliver valuable answers Gain practical help to plan coaching assignments that accelerate and improve your results Adeptly handle the main barriers to great coaching Feel fully confident in your ability to coach in any situation Whether you re new to coaching or already an experienced coach you ll find clear guidance and principles to help you coach more effectively and with greater impact To support you further The Coaching Manual has a range of free to download resources templates tools and checklists

Coaching, Performing and Thinking Brian Groves,2014-04-03

Adventures in Coaching Ben Dowman,2021-01-12 This enchanting story uses Lewis Carroll s Alice s Adventures in Wonderland to explain personal and business coaching in a magical and entertaining adventure A host of fanciful characters show readers how to have an effective coaching conversation from start to finish and to reach real world outcomes in a more transformative way In this captivating story Alice finds herself turning into a pizza going straight to jail on the Monopoly board and embarking on a space flight Along the way she meets a helpful turtle a charismatic ladybird and a fox with some personal problems among a cast of curious characters Research shows that learning is often better retained when made fun and stimulating This book delivers the most rigorous and advanced textbook coaching theory including the GROW model contracting and feedback in a uniquely engaging and mesmerising manner The structure and sequence of the material is based on a tried and tested progression that the author has refined through his training and workshops over many years This groundbreaking approach to learning to coach will do for coaching what Who Moved My Cheese did for managing change

Personal Performance Potential at Work Brian Groves,2015-07-13 By approaching workplace performance from the perspective of the theatre my previous books² have attempted to illustrate the connection between work and the world of drama and dramatic texts Here now the emphasis is on performance at work borrowing in many instances as we shall see from the theatre for the sake of satisfying an audience comprised of our stakeholders That we are all performing at any moment is a noted idea With the increasing presence of surveillance cameras in many towns and cities today we are indeed

almost continually in the spotlight That said personal performance in this book relates to our intentional actions as opposed to activities merely performed as habits or reactions to stimuli deriving from external sources Focusing on performance potential and the workplace certain ideas were originally produced as material for my personal blog³ over the period June 2013 June 2014 Excerpted from the Introduction **Reflections on performance at work** Brian Groves,2014-04-04

The Coaching Manual [electronic Resource]. ,2011 **The Coaching Manual** Julie Starr,2008 **Coaching Manual Audio** Julie Starr,2008-03-13 This title combines an understanding of coaching principles skills attitudes and behaviours along with practical guidance and a comprehensive tool kit for coaches *The Coaching Manual* Julie Starr, Julie Starr is an expert and thought leader in the field of coaching Since 2002 her best selling book *The Coaching Manual* has supported the evolution of the coaching profession through simple powerful principles and practical approaches Her books are translated into many languages and are required reading on coach training programmes around the world With over 20 years and thousands of hours coaching experience Julie supports CEO s and executives from the world s largest organizations Her approach is challenging compassionate and empowers clear leadership *The Coaching Manual* Leah L. Forster,2015-08-26 This updated and expanded second edition of the *The Coaching Manual The Definitive Guide to The Process Principles and Skills* provides a user friendly introduction to the subject Taking a clear structural framework it guides the reader through the subject s core elements A flowing writing style combines with the use of illustrations and diagrams throughout the text to ensure the reader understands even the most complex of concepts This succinct and enlightening overview is a required reading for all those interested in the subject We hope you find this book useful in shaping your future career Business

Brilliant Coaching 2e Julie Starr,2013-09-06 Coaching is fast becoming the must have leadership skill and this book shows how anyone can become a brilliant coach at work Based on methods specifically developed and proven in business you will discover what it takes to be a coach how to use the core coaching methods and how to apply these to common coaching scenarios Containing simple practical ways to becoming a brilliant coach at work you will be able to unlock your own unique coaching ability and reap the rewards in no time at all BRILLIANT OUTCOMES Understand what coaching really is Feel confident in your ability to be a great coach Put core coaching skills into action **The Coaching Manual, 3rd Edition** Julie Starr,2012 Widely recognised as a leading practical handbook on coaching *The Coaching Manual* combines an understanding of coaching principles skills attitudes and behaviours along with practical guidance and a comprehensive tool kit for coaches *The Coaching Manual* demystifies the full coaching process from first step to final meeting This is the complete guide to coaching and includes models perspectives skills case studies tips and advice *Brilliant Coaching 4e: Become a manager who can coach* Julie Starr,2023-05-31 This book provides core coaching principles and beliefs for you to operate from as you manage your team as well as guidance to help you develop key coaching skills including listening asking effective questions building rapport and how to give constructive performance based feedback *Brilliant Coaching* Julie

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Coaching Skills: A Handbook Rogers, Jenny,2012-04-01 Coaching Skills A handbook Third edition introduces the reader to the core skills needed to become a great coach **The Life Coaching Handbook** Curly Martin,2001-07-30 This complete guide to life coaching reveals what life coaching IS how to coach yourself and others effectively and how to create and sustain a successful coaching practice Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches and a key sourcebook for NLP practitioners human resources managers training professionals counsellors and the curious Curly Martin is a professional life coach author trainer and internationally qualified NLP Master Practitioner Coaching for more than twenty years her clients include celebrities CEOs directors and doctors The Secrets of Success in Coaching Mick Cope,2012-09-26 Secrets of Success in Coaching will bring a breath of fresh air to a subject dominated by case driven and model based scenarios It seeks to demystify and open up the coaching practise and provide tried tested and solid ways for any coach to develop their skills Packed full of essential core skills plain facts and essential tips tricks and advice all learnt from years of experience it s simple to follow easy to understand and everything is delivered in a friendly and very accessible way As a method of training directing and developing people coaching continues to increase in popularity and is one of the most common tools used to help people improve their professional and private lives At last here s a book that strips away the usual complicated and unwieldy approaches and leaves just the golden nuggets the insider knowledge and the real secrets of success everything you really need to know to be the best coach you can be **Coaching for Performance** John Whitmore,2010-11-26 This extensively revised and expanded new edition clearly explains the principles of coaching with illustrations from business and sport Coaching - What Really Works Jenny Rogers,2021-02-17 This is your essential companion to being a coach Author Jenny Rogers distills her decades of experience to guide you through the challenges and pitfalls joys and rewards and dos and don ts of coaching Whether you are a qualified coach many years into practice or a trainee moving into your first

placement the book provides a treasure trove of practical strategies and skills theories and concepts that will enhance your practice It captures what it takes to be a successful coach and will support and inspire you to become a more confident self reflective practitioner

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