



The Complete Handbook of Coaching

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The Complete Handbook of Coaching

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This second edition provides the most comprehensive guide to the field of coaching, exploring a range of coaching theories and approaches, genres and settings, and professional issues. It supports trainees and professionals to identify and develop a personal style of coaching.

Its three parts cover:

- The theoretical traditions underpinning coaching such as cognitive-behavioural, Gestalt and existential
- Contexts and genres such as life, executive, peer, team and career coaching
- Professional issues such as ethics, supervision, continuing professional development, standards and mental-health issues.

Written by leading international authors, each chapter makes links between theory and practice and includes discussion questions to facilitate reflection on the topic, further reading suggestions, and case studies. This new edition includes completely revised and updated chapters throughout, an additional emphasis on cross-cultural coaching and new chapters on *Health and Wellness Coaching* and *Researching Coaching*.

The handbook is a unique resource that has helped thousands of practitioners and trainees from a variety of professions and multi-disciplinary backgrounds, including health, education, business and management and psychology, throughout their coaching career.

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