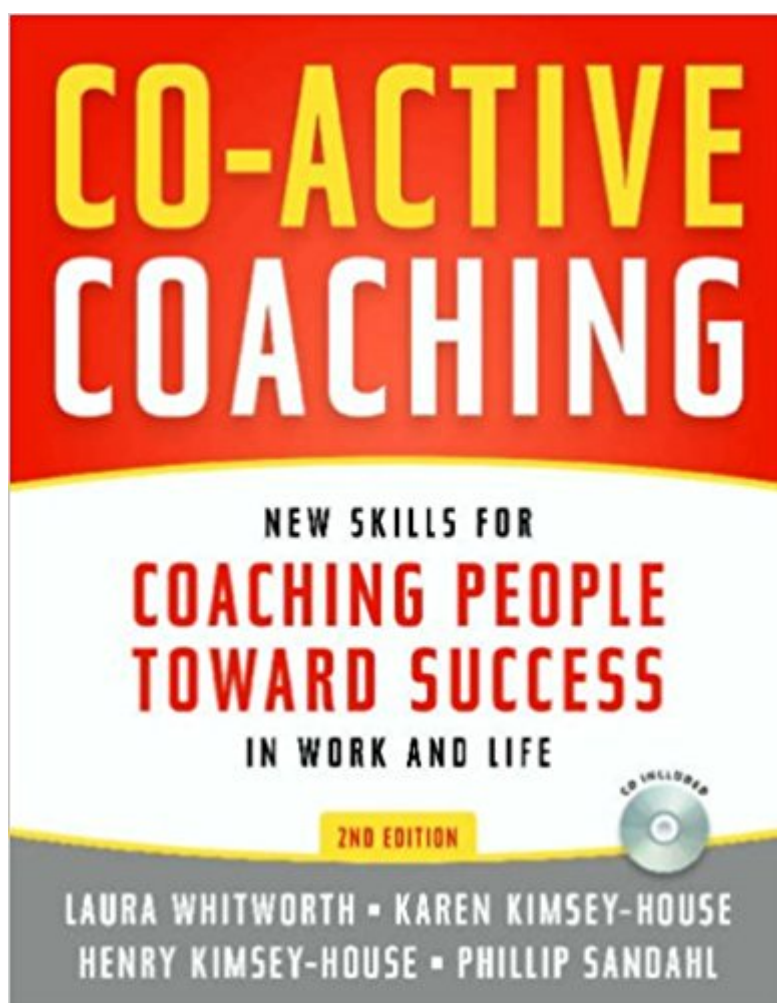


The book was found

Co-Active Coaching: New Skills For Coaching People Toward Success In Work And, Life



Synopsis

Discover what's new in this classic work that helped define the field of coaching. With the first edition of *Co-Active Coaching*, Laura Whitworth and her pioneering co-authors set the stage for what has become a cultural and business phenomenon, and helped launch the professional practice of coaching. Their flexible *Co-Active Coaching* model has stood the test of time as a transformative communication process that co-workers and teammates, managers, teachers, and students can use to build strong and collaborative relationships. In this new edition, the authors reflect today's reality of how coaching has moved beyond its initial focus on life skills to become an integral part of an organization's toolkit for developing leaders. Already used as the definitive resource in dozens of corporate and professional development programs, *Co-Active Coaching* has been updated to include the latest terminology and a variety of fresh coaching examples drawn from the authors' firsthand experiences with thousands of international coaching trainees and clients. The power-packed *Coach's Toolkit* has been expanded to include more than 35 exercises, questionnaires, checklists, and reproducible forms. And a CD containing sample audio coaching sessions, and printable forms from the Toolkit, have been added to make these proven principles and techniques practical.

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Customer Reviews

". . . ushered in the age of professional career coaching, can give you some ideas on how to help that budding executive blossom." [Triangle Business Journal](#) "The book provides a recipe

for the necessary ingredients to serve as a business coach." T&D

Discover what's new in this classic work that helped define the field of coaching. With the first edition of CO-ACTIVE COACHING, Laura Whitworth and her pioneering coauthors set the stage for what has become a cultural and business phenomenon--and helped launch the professional practice of coaching. Durable and flexible, their Co-Active Coaching model has stood the test of time as a transformative communication process that co-workers and teammates, direct reports and managers, teachers and students can use to build strong, collaborative relationships. Now, in this new edition, the authors bring current their original work to reflect today's reality: how coaching has moved beyond its initial focus on life skills to become an integral part of an organization's toolkit for developing leaders, working with teams, and building individual competencies essential for success. Already used as the definitive resource in dozens of corporate and professional development programs, CO-ACTIVE COACHING has been updated to include the latest terminology and a wide-ranging set of fresh coaching examples drawn from the authors' firsthand experience with thousands of international coaching trainees and clients. The power-packed Coach's Toolkit has been expanded to include more than 35 exercises, questionnaires, checklists, and reproducible forms. And a CD containing sample audio coaching sessions and printable forms from the Toolkit has been added to make these proven principles and techniques both practical and immediately actionable.

Helpful

Great Life Coaching textbook.

Excellent book for new coaches. I took this as part of my PhD program at Capella University and it was an intensive 11 weeks of personal growth. I was able to use the skills learned to coach others. It contains coaching examples and CDs with live coaching. Get ready for a real transformation. Also, use this book in conjunction with the book, Leadership From the Inside Out by Cashman. I was equally excited about that book. You may to include Taming Your Gremlin by Carson as well.

Co-Active Coaching, 2nd Edition: New Skills for Coaching People Toward Success in Work and, Life is an excellent resource and is being used as a text book in the class I am taking at Career Coach Academy. I highly recommend this book for the serious student of career coaching...

Easy read, useful tools - we used it for peer coaching internally. Good role play examples.

Great transaction, very smooth. Thank you!(And the book is awesome, too! :)

In my view it does not matter where you are in your coaching career, this is a valuable resource. The book is laid out in three parts. The first section goes into the fundamentals of Co-Active coaching. They discuss the Co-Active (or collaborative) coaching model and the coach client relationship. Part two goes deals with the components of coaching: Listening, Intuition, Curiosity, Moving forward and deeper and Self-Management. These are the coaching skills and techniques you can develop and/or improve. I believe most coaches have the propensity to be skilled in these areas, but here is some sound practical advice on how to improve these skills and specific ways to use them in the coaching process. Part three deals with Co-Active coaching principles and practices. Putting parts one and two into practice by going deeper into the theory and using specific examples to illustrate the points. Then there is what might be the most valuable part of the book - the Coach's Toolkit. The toolkit is an extremely valuable resource containing forms and exercises that any coach can put to great use in their business. There are specific exercises, client interview forms, planning checklist, client profile and many, many other forms. In addition there is a CD which has two practice coaching sessions in audio format as well as all the forms from the Coach's Toolkit in PDF format. If you are serious about your coaching business, this is a wonderful resource that will save you time and money in running your business. It is also a very handy reference resource to refresh and improve your skills.

Absolutely loved it. Information well packaged and easy to understand. If you are trying to be a coach this is the book to read. But if you are already a coach great book for understanding the process of coaching a client.

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