



Coaching Manual: The Definitive Guide to the Process, Principles & Skills of Personal Coaching

Julie Starr

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"The Coaching Manual is the most current, comprehensive, practical, best-illustrated coaching source I have ever seen." " Dr Stephen Covey, author of 7 Habits of Highly Effective People" This is the practical, readable guide to the skills, insights and perspectives of a highly effective personal coach! Whether you're new to coaching, or have been practicing for some time, The Manual is packed with information that will develop your coaching skills. The Manual provides expert guidance on both what to do and how to do it, right from the start. From simple routines for starting new coaching conversations and asking great questions, to how you can practice letting your mind go quiet. You'll also find examples of potential coaching situations and sample dialogue so that you get a clear picture of what's important during coaching conversations. Step by step exercises will help you practice and improve your skills during coaching sessions or before you even start. It's the definitive guide that no coach will want to be without. We all have some coaching ability, maybe you're a good listener, conversationalist, or perhaps you know instinctively when something isn't right'. So why not use knowledge you already have as a foundation to build on? By using practical guidelines, great examples and straightforward exercises, this book will support you to develop your coaching skills further. So whether you think of yourself as a coach or not, get reading and enjoy coaching!

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