

## An Introduction To Coaching Skills A Practical Guide

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An Introduction to Coaching Skills is an invaluable resource for novice and trainee coaches. Its accessible, step-by-step style acquaints readers with the key skills needed to become a successful coach. It takes you from the "how to," through to practicalities and challenges, and beyond to the continued development of your skills.

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Coaching is a conversational process and a set of easily learned techniques. The skills needed to be a coach, you possess already: the ability to listen to others, to ask questions and to summarise. From here onwards, it is simply a case of honing these skills in order to effectively facilitate thought-provoking one-to-one conversations with others.

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An Introduction to Coaching Skills is an invaluable resource for novice and trainee coaches. Its accessible, step-by-step style acquaints you with the key skills needed to become a successful coach...

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Introduction; Chapter 1: First things first; Chapter 2: Becoming a coach; Chapter 3: Listening to encourage thinking; Chapter 4: Asking powerful questions; Chapter 5: Paraphrasing and summarising; Chapter 6: Noticing; Chapter 7: Conversational frameworks; Chapter 8: Changing ways of thinking; Chapter 9: Positive bias

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An Introduction to Coaching Skills: A Practical Guide Welcome to the companion website for An Introduction to Coaching Skills, Second Edition by Christian van Nieuwerburgh. The videos on this website have been filmed or selected to demonstrate the key skills and processes of a coaching conversation.

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The first edition of An Introduction to Coaching Skills was of tremendous value to the coaching profession as well as a broad array of teachers and consultants. It received high praise from luminary practitioners and scholars alike.

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An Introduction to Coaching is an ideal choice if you're a line manager wishing to develop your coaching style and challenge individuals within your organisation to reach their full potential.

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An Introduction to Coaching Skills is an invaluable resource for novice and trainee coaches. Its accessible, step-by-step style acquaints you with the key skills needed to become a successful coach and, with its focus on the

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applied side of coaching, the book is an essential text for anyone starting out on their coaching voyage.

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Part 1: Context Chapter 1: First things first Chapter 2: Becoming a coach Part 2: Key skills Chapter 3: Listening to encourage thinking Chapter 4: Asking powerful questions Chapter 5: Paraphrasing and summarising Chapter 6: Giving and receiving feedback Part 3: The conversational process Chapter 7: Coaching processes Chapter 8: Beyond behaviour: exploring our thinking Bias towards the positive Part 4: Practical tools and techniques Chapter 10: Body language and emotional intelligence Chapter ...

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Introduction to Coaching Skills details. In this introduction to coaching skills workshop, your people will gain knowledge of coaching and situational leadership and build on their current coaching and leadership skillsets. This will include setting your leaders up with models and processes to deliver successful 1:1 coaching across your organisation and giving them the knowledge on how to develop people.

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Description This text is an invaluable resource for novice and trainee coaches. Its accessible, step-by-step style acquaints you with the key skills needed to become a successful coach. It takes you from the 'how to', through to practicalities and challenges, and beyond to the continued development of your skills.

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The first important coaching skill to possess is the ability to elicit clear, achievable, well-defined and motivating goals from your clients. The right goals and milestones guide the actions and focus the clients' energies on a clear objective.

~~12 Coaching Skills That Make You A Good Coach~~

The first edition of An Introduction to Coaching Skills was of tremendous value to the coaching profession as well as a broad array of teachers and consultants. It received high praise from luminary practitioners and scholars alike.

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This bestselling book introduces you step-by-step to the key skills needed to become a successful coach. Supported by an Online Resource site with over 70 videos of coaching in action, this practical book will be an invaluable resource for novices and trainee coaches.

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