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The Groupness Factor - How to Achieve a Corporate Success Culture Through First-Class Leadership - Charlie Lang 2006-06-07

"The Groupness Factor" is a useful guide for any leader who wants to become more influential and create outstanding business results through attraction and retention of top talent and high employee engagement. In his quest for innovative and effective leadership methods, executive coach Charlie Lang came across an age-old, almost unknown concept - the groupness factor - which accounts for some of the complexities of group behavior. By carefully examining the principles behind this factor, Lang discovered that a leader could get his team to want what he wants by being aware of this powerful factor and how it can be controlled. This book describes the evolutionary background of the groupness factor and how it still exists in today's modern society. With real-life examples and anecdotes from his coaching practice, the author provides a practical approach to first-class leadership and a corporate success culture.

Professional Coaching - Susan English, OSB, EdD, MCC 2018-12-07
Incorporating a wealth of knowledge from international experts, this is an authoritative guide to provide a comprehensive overview of professional coaching. Grounded in current research, it addresses the historical, ethical, theoretical, and practice foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession, including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy, the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive overview of a fast-growing field Includes contributions from international experts Covers historical, professional, philosophical, and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

Theory, Research, and Practical Guidelines for Family Life Coaching - Kimberly Allen 2016-05-24

This volume focuses on breaking ground with family coaching, presenting theory, research and practical guidelines for researchers, educators and practitioners. Readers will discover a theoretical overview of coaching psychology and family science, accessibly presented research and models of family coaching and family life education. The insight this book provides into family systems and practical information on coaching families will be valuable to youth coaches, parent coaches, life coaches and counsellors, amongst others. Beginning with a brief introduction on the necessity of this volume and further research on family coaching in general, the author takes readers progressively through the family coaching process. The book explores specific strategies for coaching parents, couples, and families on relationships, parenting special needs, and much more. Each chapter offers a theoretical base as well as applied guidance including case studies, powerful questions, and tips from experienced family coaches. Whether you are a family therapist, a coaching psychologist, or a family life professional that serves children and families, this book is ideal for gaining a better understanding of how to coach families toward positive family functioning. Dr. Kim Allen delivers an engaging and reflective book offering a comprehensive guide for those interested in becoming a family coach.

Coaching for Performance Fifth Edition - John Whitmore 2010-11-26
Coaching delivers high performance in you, your team, and your organization. "Coaching for Performance is the proven resource for all

coaches and pioneers of the future of coaching." - Magdalena N. Mook, CEO, International Coach Federation (ICF) "Shines a light on what it takes to create high performance." - John McFarlane, Chairman, Barclays, Chairman, TheCityUK Coaching for Performance is the definitive book for coaches, leaders, talent managers and professionals around the world. An international bestseller, featuring the influential GROW model, this book is the founding text of the coaching profession. It explains why enabling people to bring the best out of themselves is the key to driving productivity, growth, and engagement. A meaningful coaching culture has the potential to transform the relationship between organizations and employees and to put both on the path to long-term success. Written by Sir John Whitmore, the pioneer of coaching, and Performance Consultants, the global market leaders in performance coaching, this extensively revised and extended edition will revolutionize the traditional approach to organizational culture. Brand-new practical exercises, corporate examples, coaching dialogues, and a glossary strengthen the learning process, whilst a critical new chapter demonstrates how to measure the benefits of coaching as a return on investment, ensuring this landmark new edition will remain at the forefront of professional coaching and leadership development.

The Jossey-Bass Reader on Educational Leadership - Margaret Grogan 2013-05-13

The newest edition of the bestselling book on educational leadership This expanded and thoroughly updated edition of the popular anthology contains the articles, book excerpts, and seminal reports that define and drive the field of educational leadership today. Filled with critical insights from bestselling authors, education research, and expert practitioners, this comprehensive volume features six primary areas of concern: The Principles of Leadership; Moral and Trustworthy Leadership; Culture and Change; Leadership for Learning; Diversity and Leadership; The Future of Leadership. Offers a practical guide for timeless and current thinking on educational leadership Includes works by Peter Senge and Tom Sergiovanni From Jossey-Bass publishers, a noted leader in the fields of education and leadership This important resource includes relevant and up-to-date articles for leaders today on gender, diversity, global perspectives, standards/testing, e-learning/technology, and community organizing.

Coaching Public Service Leaders - John S. Lybarger PhD MCC 2019-10-01

Many leader development models are complex. Figuring them out (let alone implementing them) can seem impossible. Dr. Lybarger draws on his years of experience serving clients in the public sector to highlight seven practices that good leaders master in this practical, easy-to-follow guidebook. The practices are not linear but interlaced, and when woven together, they create a complex tapestry of leadership behaviors. In examining the seven practices, the author answers questions such as: • Why do some public service employees love their work and remain engaged while others disengage and do the minimum? • What does it take for love, belonging, and community to dispel fear, disengagement, and isolation? • What sustains those who are engaged and motivated to serve the public? Other topics include what leaders can do to help those who are floundering flourish, ways to promote a culture of respect, and the differences between managers and leaders. Although traditional leadership models have not kept pace with the demands of the workplace, individuals who are pillars of exemplary public service leadership can guide their public service peers to successful leadership.

How to Create a Coaching Culture - Gillian Jones 2018-09-03
Management approaches and workplace culture help determine employee productivity, morale, talent acquisition and retention, and organizational adaptability. How to Create a Coaching Culture is a practical guide to embedding effective coaching behaviours within an organization to empower and engage employees to perform at their best.

Using a combination of practical tools, assessments, case studies and examples, it provides guidance on how to plan and develop a strategy aligned to your organization and its goals, engage the board to secure 'buy-in', and how to effectively measure and evaluate initiatives in every stage of the employee lifecycle. This fully updated second edition of *How to Create a Coaching Culture* contains new material on promoting employee engagement, reinventing performance reviews, and new and updated case studies from HarperCollins, British Airways and Leanintuit. Online resources include a series of downloadable templates and tools to use in practice, including a board report, communication strategy, development plan, and pre- and post-course training assessment. *HR Fundamentals* is a series of succinct, practical guides for students and those in the early stages of their HR careers. They are endorsed by the Chartered Institute of Personnel and Development (CIPD), the UK professional body for HR and people development, which has over 145,000 members worldwide.

Spirituality and Deep Connectedness - Michael C. Brannigan
2018-09-15

This collection of essays by respected scholars and practitioners in diverse fields in academic, healthcare, social justice, and interfaith contexts addresses alternatives to the prevailing notion of spirituality as a purely private matter, and makes a case for living spiritually through deep and genuine engagement with others.

Trust Matters - Megan Tschannen-Moran 2014-03-05

Make your school soar by escalating trust between teachers, students, and families Trust is an essential element in all healthy relationships, and the relationships that exist in your school are no different. How can your school leaders or teachers cultivate trust? How can your institution maintain trust once it is established? These are the questions addressed and answered in *Trust Matters: Leadership for Successful Schools*, 2nd Edition. The book delves into the helpful research that has been conducted on the topic of trust in school. Although rich with research data, *Trust Matters* also contains practical advice and strategies ready to be implemented. This second edition expands upon the role of trust between teachers and students, teachers and administrators, and schools and families. *Trust Matters: Leadership for Successful Schools* also covers a range of sub-topics relevant to trust in school. All chapters in the text have questions for reflection and discussion. Engaging chapters such as "Teachers Trust One Another" and "Fostering Trust with Students" have thought-provoking trust-building questions and activities you can use in the classroom or in faculty meetings. This valuable resource: Examines ways to cultivate trust Shares techniques and practices that help maintain trust Advises leaders of ways to include families in the school's circle of trust Addresses the by-products of betrayed trust and how to restore it With suspicion being the new norm within schools today, *Trust Matters* is the book your school needs to help it rise above. It shows just how much trust matters in all school relationships—administrator to teacher; teacher to student; school to family—and in all successful institutions.

Making Social Worlds - W. Barnett Pearce 2009-02-09

Making Social Worlds: A Communication Perspective offers the most accessible introduction to the tools and concepts of CMM - Coordinated Management of Meaning - one of the groundbreaking theories of speech communication. Draws upon advances in research for the most up-to-date concepts in speech communication Defines the 'critical moments' of communication for students and practitioners; encouraging us to view communication as a two-sided process of coordinating actions and making/managing meanings Questions how we can intervene in dangerous or undesirable patterns of communication that will result in better social worlds

Connect: Affective Leadership for Effective Results - Lyn Boyer
2011-10-01

Connect: Affective Leadership for Effective Results explores the skills, and attitudes effective leaders use to build relationships to create a better future for their groups and organizations. Affective Leadership skills include physical presence, emotional intelligence, trust-building, intentional language, emotional and physical lightness, active listening and powerful questioning. Using physical and reflective practices, leaders and aspiring leaders explore and enhance their own Affective Leadership skills to attract and encourage followers to join them in taking an often uncertain path.

Coaching on the Go - Phil Renshaw 2019

An Introduction to Professional and Executive Coaching - Sheila Boysen-Rotelli 2018-03-01

The coaching profession is growing. According to the International Coach Federation (ICF), coaching earns over \$2 Billion per year in US dollars. The proposed readership of this book is both practitioners and scholars of executive coaching. It will also fill the current gap of a universal textbook that can be used in higher education coaching curriculum. The International Coach Federation (ICF) conducts a global study every four years. The 2016 study found that there are over 100,000 practitioners of coaching across the world. It also found that almost all coach practitioners received some form of coach specific training. There are over 1,500 ICF approved coach training programs. Currently, there is not a consistent set of textbooks or resources that are used by these programs. This textbook is for the developing coach practitioner as well as the experienced coach practitioner that would like to develop further. Coaching is an exciting and powerful skillset that allows individuals to empower others and helps individuals to generate awareness that opens the door for great levels of success. The approach of this book is to look at the theoretical framework of coaching as it applies to the actual practice of coaching others and groups. It will also take the approach of covering the comprehensive coaching curriculum that is ingrained in the 11 core competencies of coaching and will also provide an overview of building a coaching culture in an organization as well as how to build an independent coaching business. The International Coach Federation (ICF) 11 core competencies are the most widely accepted coaching framework in the industry and profession of coaching. It is important to ground practice in theory and research to bring together the researched framework to help to inform the approach. There is an old proverb that states: "Theory is when you know everything but nothing works. Practice is when everything works, but no one knows why." The approach of this book will enable the student with the theory, the processes and the skills to coach in a way that works, and to be able to understand the why behind the success as well as make it replicable. It is the author's hope that the readers of this book will find information that is relevant, helpful and even challenging in ways that increase their personal growth and development as coaches.

The Big Book of Team Coaching Games: Quick, Effective Activities to Energize, Motivate, and Guide Your Team to Success - Mary Scannell
2013-07-19

The fun and effective way to BOOST ENGAGEMENT and PRODUCTIVITY Teams that enjoy working together operate on a whole different energy level than teams that don't. They break down silos. They build stronger relationships. They retain what they have learned. And THEY DRIVE RESULTS. *The Big Book of Team Coaching Games* provides the structure and games you need to build and manage powerful teams. Packed with dozens of physical and verbal activities, it leads you step-by-step through the process of teaching team members how to identify their values, leverage their strengths, and reach their goals--and have fun while they're doing it! Nothing can stop the momentum of a team that wants to get things done. *The Big Book of Team Coaching Games* is the ideal playbook for making sure your teams contribute more than their share to the bottom line.

Encyclopedia of Nursing Education - Mary Jane Smith, PhD, RN, FAAN
2015-02-20

Written by luminaries in the field of nursing education, this is the only current and comprehensive compendium of important topics in nursing education. It contains more than 175 detailed entries, and will be a valuable reference text for doctoral- and master's-level nursing students, nursing faculty, university and hospital libraries worldwide, and hospital nursing departments and schools. The listing of entries has been carefully culled from recent nursing literature and six volumes of the *Annual Review of Nursing Education*. Each entry follows a standard template that includes definition, application in nursing education, a synopsis including a brief summary of what is in the literature on the topic, and a concluding summary discussing future development in nursing education. Listings are alphabetized for easy access, and are accompanied by a comprehensive reference list. KEY FEATURES: The only current compendium of important topics in nursing education Includes all topics relevant to nursing education based on a review of the literature Alphabetized and consistently formatted for easy access to information Includes comprehensive reference lists per topic Written by expert nurse educators A listing of teaching topics compiled by the editors is available to instructors

Nurse-Progressive Care (PCCN) Specialty Review and Study Guide - Janelle Edda 2015-09-25

Includes: Multiple choice fact, scenario and case-based questions Correct answers and explanations to help you quickly master specialty content

All questions have keywords linked to additional online references The mission of StatPearls Publishing is to help you evaluate and improve your knowledge base. We do this by providing high quality, peer-reviewed, educationally sound questions written by leading educators. StatPearls Publishing

The Philosophy and Practice of Coaching - Diane Brennan 2008-04-30
The Philosophy and Practice of Coaching will help to advance the global conversation about the future of coaching. The book is organized into three key sections: Foundations for Coaching, Applications of Coaching, and Organizations and Coaching, and the focus is on enabling the reader to astutely link theory and practice.

Lifestyle Wellness Coaching-3rd Edition - Gavin, James 2019
Lifestyle Wellness Coaching, Third Edition With Web Resource, offers an evidence-based and systematic coaching methodology that professionals can use to help clients achieve long-term overall wellness by addressing health, fitness, and lifestyle.

Positive Psychology Coaching - Susanne Knowles 2021
This book provides evidence for coaching from psychology perspectives, aiming to inform academics, researchers and students of the efficacy of positive psychology coaching practice for both individuals and organizations. It integrates three areas of research, providing a multifaceted analysis of coaching from traditional psychology, positive psychology, and coaching research findings. Finally, it introduces a comprehensive new model of coaching (COACH) based on the psychological and educational foundations of coaching, explaining its effectiveness and adaptability across settings and individuals.

Nursing Leadership in Long Term Care, An Issue of Nursing Clinics, E-Book - Melodee Harris 2022-06-06
In this issue of Nursing Clinics of North America, guest editors Melodee Harris, Ann Kolanowski, and Sherry Greenberg bring their considerable expertise to the topic of Nursing Leadership in Long-Term Care. Leadership in nursing and long-term care is crucial to inspire, influence, and motivate staff to provide high-quality care in an interprofessional manner. Leaders must not only identify areas for improvement but act and support team members toward common goals. In this issue, leading geriatric nursing scholars provide an in-depth understanding of what is needed to ensure effective professional nursing leadership in long-term care communities and the policy changes necessary to support quality care. Contains 13 relevant, practice-oriented topics including COVID-19 infection in long-term care; hospice and palliative care in nursing home residents with dementia; social isolation in long-term care; intraprofessional practice and delivery of nursing care; and more. Provides in-depth clinical reviews on nursing leadership in long-term care, offering actionable insights for clinical practice. Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

Book Alone - Barbara Montgomery Dossey 2012-03-08
Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. This market-leading resource in holistic nursing is published in cooperation with the American Holistic Nurses Association (AHNA). Each chapter is revised and updated by contributors from the best-selling Fifth Edition, as well as new thought leaders from the field of holistic nursing. Chapters begin with Nurse Healer Objectives that are divided into theoretical, clinical, and personal subject areas, and then conclude with Directions for Future Research and Nurse Healer Reflections to encourage readers to delve deeper into the material and reflect on what they have learned in each chapter. This text is organized by the five core values contained within the Standards of Holistic Nursing Practice: Core Value 1: Holistic Philosophy, Theories, and Ethics Core Value 2: Holistic Caring Process Core Value 3: Holistic Communication, Therapeutic Environment, a

Coaching With NLP For Dummies - Kate Burton 2011-03-03
How to become an NLP practitioner?or supercharge your coaching skills with NLP One of the most popular methods for helping people achieve their life aspirations?Neuro-Linguistic Programmimg, or NLP, holds the key to remaking one's future. NLP encourages users to re-create the thought patterns common to those who excel, a process that helps gradually weed out negative or habitual thinking. Using the key elements of NLP?developing a coaching relationship, shedding light on patterns, managing emotional states, and shaping an agenda for change?this practical, inspiring guide offers the tools for helping your clients upgrade the quality of their personal or professional lives. Reveals ten powerful coaching questions, ten traps to avoid in coaching, and ten ways to

enhance your coaching skills Offers tips on laying the foundation for success and quick win sessions Insights on how to tap into passion and purpose?and making goals come alive Methods for coaching yourself or your team and coaching through conflict Other books by Burton: NLP For Dummies, NLP Workbook For Dummies, and Building Self-Confidence For Dummies Ideal for those working towards becoming an NLP practitioner or master coach, Coaching with NLP For Dummies is a guidebook to life transformation?for both client and practitioner.

The Jossey-Bass Reader on Educational Leadership - Jossey-Bass Publishers 2012-06-14

This expanded and thoroughly updated edition of the popular anthology assembles the best book excerpts, articles, and reports that define and drive the field of educational leadership today. Filled with critical insights from respected authors, education researchers, and expert practitioners, this comprehensive volume features twenty-six chapters in six primary areas of interest: Principles of Leadership, Moral Leadership, Culture and Change, Standards and Systems, Diversity and Leadership, and the Future of Leadership.

Coaching in Islamic Culture - Raja'a Allaho 2018-03-08
This book is the result of a collaboration between two authors who share a passion and commitment for coaching. Its aim is to enthuse readers and provide guidance about the appropriate use of coaching within Islamic culture. The intention is to provide a culturally relevant coaching framework for use in Islamic context, which allows Muslims to develop in ways that are aligned with their faith and traditions. The complete coaching framework presented here is called Ershad.

The Global Business of Coaching - David Lines 2020-07-27
Coaching has become a global business phenomenon, yet the way that coaching has evolved and spread across the globe is not unproblematic. Some of these challenges include: different types/genres of coaching; understanding and relevance of different coaching philosophies and models in different cultural contexts; equivalency of qualifications and coach credentials, as well as questions over standards and governance, as part of a wider debate around professionalization. Coaching then, as with the transfer of knowledge and professionalization in other disciplines, is not immune to ethnocentricity. Through a combination of adopting a meta-analysis of coaching, supported with narratives of coaching practice drawn from different socio-political/cultural contexts, the aim of this book is to challenge current knowledge, understanding and norms of how coaching is, or should, be practised in different cultural contexts. This book will provide a foundation for further research in coaching as an academic field of study and as an emerging profession. It will resonate with critical scholars, coach educators, and coach practitioners who want to develop their praxis and enhance their reflexivity and be of interest to researchers, academics, and students in the fields of business and leadership, human resource development, organizational learning and development, mentoring and coaching.

Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training - Diane S. Menendez 2015-03-23

An updated version of the best-selling therapist-to-coach transition text. With his bestselling Therapist As Life Coach, Pat Williams introduced the therapeutic community to the career of life coach, and in Becoming a Professional Life Coach he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, Becoming a Professional Life Coach takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including:

- Listening to, versus listening for, versus listening with
- Establishing a client's focus
- Giving honest feedback and observation
- Formulating first coaching conversations
- Asking powerful, eliciting questions
- Understanding human developmental issues
- Reframing a client's perspective
- Enacting change with clients
- Helping clients to identify and fulfill core values, and much, much more. All the major skillsets for empowering and

“stretching” clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

Psychosynthesis Leadership Coaching - Aubyn Howard 2020-12-30

Psychosynthesis Leadership Coaching responds to the call of coaches who want to be able to work with the whole person, with the inner as well as the outer worlds, and not just at rational and behavioural levels but at emotional and spiritual levels as well. Psychosynthesis is unique amongst psychologies in the emphasis it places on self and will at the centre of human psychological functioning. This holistic and integrative psychology provides the foundations for working with leaders in ways that respond to today's emergent crises. Psychosynthesis coaching is an increasingly popular approach that is finding its way into the mainstream as a response to the needs of coaching to engage at depth with emotional content and in the transpersonal realm of meaning, purpose and values. This book introduces psychosynthesis coaching to a wider audience and provides a comprehensive guide to this approach for both coaches and leaders. This book provides the context, models, methods, skills and techniques for coaches to engage with their clients within the larger context of Self and Will, alongside working on inner and outer agendas and goals of any description. For coaches, leaders and organisational practitioners alike, this approach is also about coaching our inner leader - knowing that this work always starts with ourselves.

Psychometrics in Coaching - Jonathan Passmore 2008-02-03

Psychometrics in Coaching offers expert advice on how coaches, consultants and human resources managers can use psychometrics to support and develop individuals in the workplace and outside. With a growing demand for psychometric testing in the coaching profession, coaches and practitioners alike need to understand the psychology underpinning the tests as well as how to select and apply them effectively. Written by an international team of global coaching practitioners and psychometricians, this book provides an overview of using psychometrics and providing feedback and offers clear explanations of the key models and tools used in coaching today. Whether you are new to using psychometric tests or an experienced practitioner, this book provides you with a deep understanding of the models, the theory and research behind them, their reliability and validity, and how to implement them as part of a wider coaching and development programme. *Psychometrics in Coaching* is an essential resource for those seeking expert guidance from the leading writers in the field, as well as students on psychology, psychometrics, business and human resources programmes. Includes contributions from: Beverly Alimo-Metcalfe • Elizabeth Allworth • Richard Barrett • Dave Bartram • Richard Brady • Eugene Burke • Sally Carr • David Caruso • Roy Childs • Peter Clough • Bernard Cooke • Keith Earle • James Fico • Alexander Fradera • Leanne Harris • Robert Hogan • Thomas Hurley • Quentin Jones • Carol Kauffman • Betsy Kendall • Rainer Kurz • Rab MacIver • Helen Marsh • Dick McCann • Almuth McDowall • Kenneth Nowack • Stephen Palmer • Jonathan Passmore • Peter Pritchett • Peter Salovey • Peter Saville • Jordan Silberman • David Sharpley • Jeff Stagg • Doug Strycharczyk Published with the Association for Coaching Promoting excellence & ethics in coaching The Association for Coaching is an independent, non-profit professional body whose aim is to promote best practice and to raise the awareness and standards of coaching while providing value-added benefits to its members - whether they are professional coaches or organizations involved in coaching. Find out more at www.associationforcoaching.com

Leadership Coaching for Results - Sunny Stout-Rostron 2014-09-19

This book will help you transform your leadership coaching practice. Helping the coach and client deepen their "e;mastery of practice"e;, *Leadership Coaching for Results* propels us into the best possible practices for leadership coaching in the twenty-first century. Leadership now isn't what we considered it in the past - increasingly diverse and decentralised organisational teams, and continuing economic turmoil, demand a different style of leadership development. Starting with a broad-ranging and indispensable review of the literature on leadership, this book examines current cutting-edge practices in coaching. It moves on to a comprehensive and practical global description of leadership

coaching, and concludes by offering several challenging scenarios of what the next ten years may hold. This book will give you a myriad of perspectives, insights and pearls of wisdom to use in strengthening your practice and your leadership. Dr Sunny Stout-Rostron is one of the leading practitioners in this field; the Founding President of the professional body Coaches and Mentors in South Africa (COMENSA); and a Founding Fellow at the Institute of Coaching at Harvard/McLean Medical School. Sunny is the author of six books, including *Business Coaching Wisdom and Practice: Unlocking the secrets of business coaching*, and *Business Coaching International: Transforming individuals and organisations*.

"e;I hope everyone in every coaching capacity will read this - because I want coaching to change the world"e; - Nancy Kline, author of *Time to Think and More Time to Think* "e;Here is an amazing opportunity to learn from a master coach, brilliant teacher and leader in the field of leadership coaching. Sunny Stout-Rostron has captured what you need to pay attention to with regards to cutting-edge practices of coaching. This is a must read!"e; - Donna Karlin, author of *Leaders: Their stories, their words - Conversations with Human-Based Leaders* "e;Sunny has provided an amazing resource for coaches, which highlights the best of contemporary thinking and leading-edge work in our field side-by-side with the historical context. Packed with useful insights, this book is an indispensable addition to a coach's toolkit"e; - David B. Peterson PhD, Director: Executive Coaching and Leadership, Google, Inc. "e;An incisive review of leadership theory contextualises a global perspective of the complexities that leaders face now and in the future. In an unregulated industry the future of coaching will depend on professional services and practices, making this an essential resource for all those involved in leadership development and business coaching"e; - Lise Lewis, President, European Mentoring and Coaching Council (EMCC)

Leadership Coaching for Educators - Karla Reiss 2015-03-04

Empower your staff through coaching! There is an urgent need for school leaders to go beyond “top-down” supervision and coach educators to succeed. Use this comprehensive resource to design and implement an effective, school-wide coaching system that yields powerful results. Written by a veteran administrator and educational consultant, and aligned with the International Coach Federation's Professional Coaching Core Competencies, this revised edition demystifies the coaching process and includes: Recent research projects, award-winning success stories, and trends in the field Graphic organizers and practical examples of coaching dialogue Guidance for school leaders on developing, designing, and implementing a successful coaching program

Positive Psychiatry, Psychotherapy and Psychology - Erick Messias 2020-01-24

For hundreds of years, psychology has looked into the dysfunctions and symptoms of the mind. It's only over the last few decades that the field has started to pay attention to what constitutes a functional and content life. Instead of using disease to understand health, positive psychology studies the components of a good life and helps people not only avoid mental health problems but develop happiness. The work done in positive psychology is now at a point where applications are being developed in positive psychotherapy and extended to those with psychiatric diagnoses in positive psychiatry. While these fields are a recent development they hold the promise of helping all of us live a fulfilled life. Medicine in general, and psychiatry in particular, suffers from a worldview that is symptom- and deficit-oriented. By adopting a positive approach, psychology, psychotherapy, and psychiatry add a more holistic, integrative, resource oriented, and preventive perspective. There is great urgency in developing resources and potentials in our patients, not only freeing them from their disorders. Psychiatrists and psychotherapists alike are incorporating these positive tools into their practices with positive clinical outcomes. Standing on the shoulders of pioneers like Nossrat Peseschkian, in positive psychotherapy, and Dilip Jeste, in positive psychiatry, this textbook is the first to bring together these innovations in one volume that will serve as an excellent resource for medical professionals looking to reap the benefits gained by the studies in these areas. Currently, the majority of texts that are available are targeting psychologists and researchers, whereas this book seeks to use positive psychology as the foundation on which the clinical applications are built. As such, this book will be of interest to psychiatrists, psychologists, social workers, and other mental health professionals. It may be used in educating a new generation of mental health professionals in these tenets that are expanding the reach of psychology, the practice of psychotherapy, and the scope of psychiatry.

Effective Group Coaching - Jennifer J. Britton 2010-06-29

Group coaching is rapidly becoming the preferred coaching option for businesses and individuals. *Effective Group Coaching* is a practical, resource rich, hands-on guide for the group coaching facilitator in one of the fastest growing new disciplines. Organizations, community groups and individuals are discovering that group coaching is an exciting and sustainable model and process for learning and growth. Written for internal and external coaches, HR professionals, trainers and facilitators wanting to expand their work into this area, this book provides tested methodologies and tools and tips. Both new and seasoned coaches will find the book a practical roadmap and go-to guide when designing, implementing and marketing their own group coaching programs. Case studies highlight how group coaching programs are being delivered globally through corporate and public programs, virtually and in person. Also, the author's dedicated web site offers resources and articles available for downloading.

Realizing Your Potential - Gary McGuire 2009-01-01

The world is viewed differently by everyone, and it is an individual's perception that governs his or her ambition and the way he or she views the opportunities in this world. Everyone has the potential to achieve success, happiness, satisfaction, fulfilment and the joy that is one's natural birthright. The only thing that one has to do is to unlock his or her potential. And this book suggests some practical ways to realize your potential to the fullest. Much of what is written in the book is based on the author's own experiences and the philosophy which he has developed by active interaction with others as well as the study of the writings and experiences of great personalities across the world.

The Art of Listening in Coaching and Mentoring - Stephen Burt 2019-06-11

This book answers a number of fundamental questions about listening in coaching and mentoring. What difference does being heard make to the speaker? How does it have that effect? What are the necessary components of good listening? How do you evaluate your practice as a listener and how do you improve? The process of writing this book led the author to look closely at his own practice, test, experiment, and push his listening to a higher level. He invites the reader to do the same. This book identifies what it takes to listen well - the skills, mind-set, presence, self-awareness and self-management - and why it can be hard. It demonstrates how four modes of listening - attention, inquiry, observation and use of self - all contribute to the listener's understanding and to the speaker's awareness. It argues that we all have a 'learning edge' as listeners and provides a framework that helps each of us find it. The book is intended as a companion for anyone who commits to becoming a good listener. It shows how to develop expertise in the four modes of listening. It offers examples and principles to guide practice, questions for reflection, and a series of 'workouts' to help the listener develop their ability to listen. It encourages by showing how good listening is simple - you turn up, pay attention, and listen with all you have, and it challenges by identifying the work it takes to do that.

Professional Development for Psychiatrists, An Issue of Psychiatric Clinics of North America - Howard Y. Liu 2019-08-07

This issue of *Psychiatric Clinics*, guest edited by Drs. Howard Liu and Donald Hilty, will take a unique approach to examining Professional Development for those practicing in the field of Psychiatry. Under the guidance of series consulting editor Dr. Harsh Trivedi, Drs. Liu and Hilty will explore development issues that might emerge for practicing psychiatrists over the course of their careers. Topics covered in this volume will include: Defining Professional Development in Medicine, Psychiatry & Allied Fields; Developmental Approaches to Professional Development; Developing Clinical Skills; Professional Development in Academia; Model Programs in Lifelong Learning for Professional Development; The Role of Mentoring and Coaching; Career Transitions; Advanced Leadership Training; Contributing to Culture and Diversity of Leadership; Wellness, Work/Life Integration, Burnout & Resilience; and the Role of Technology in Professional Development.

Practical Management and Leadership for Doctors - John Wattis 2017-10-02

How can you survive and thrive as a medical manager in the ever-changing world of healthcare? *Practical Management and Leadership for Doctors* is a hands-on introduction to developing the knowledge, skills, attitudes and behaviour required to succeed in a modern healthcare setting. Combining their own vast experience with insights from management literature, the authors reflect on key strategies and competencies for successful and enjoyable medical management and leadership. Focussing on common issues and challenges, they examine

organisational structures and strategies for productive relationship-building, goal setting and quality maintenance. The book also stresses the importance of maintaining personal well-being and balance in the face of sometimes seemingly impossible demands. Written in a punchy, engaging style that inspires and stimulates, this book will prove useful to all doctors new to formal management and leadership, including directors and clinical leads, and doctors working or preparing to work at a senior level. This practical book is full of nuggets of wisdom of practical advice and theoretical underpinnings. I am sure medical professionals will find this of immense value and use in their day-to-day activities.

From the foreword by Professor Dinesh Bhugra

Lifestyle Wellness Coaching - James Gavin 2013-04-18

Lifestyles have changed dramatically over the past quarter century, and along with these changes come exciting opportunities for health, wellness, and fitness professionals, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Second Edition*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. Formerly titled *Lifestyle Fitness Coaching*, the second edition of *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of lifestyle coaching. The text offers powerful methodologies for those who want to embrace lifestyle coaching as their primary profession as well as for those who intend to integrate a coaching approach into their work with clients. The text is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: • Dynamic coaching dialogues bring abstract concepts to life. • Typical exchanges between coaches and clients are illustrated. • The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. • Sidebars provide practical guidance for enhanced understanding and prompt readers to personally experience the content. *Lifestyle Wellness Coaching, Second Edition*, uses realistic coaching conversations to address issues such as the timing and types of questions to ask, how to provide feedback effectively, and how to facilitate robust action planning. Readers are presented with a broad overview of the field and detailed analysis of core ingredients to promote effective coaching relationships. The text includes essential structures for coaching conversations and practical considerations to help readers adapt materials to their unique career interests. *Lifestyle Wellness Coaching* introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. Discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. *Lifestyle Wellness Coaching* also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Following considerations of the stages and phases of change, readers are offered a critical map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches help clients navigate the sometimes turbulent events in attempting to change habitual patterns of behavior. *Lifestyle Wellness Coaching, Second Edition*, details how professionals engage in well-designed communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. The text frames the boundaries of care and advice appropriate to coaching relationships. Some of the issues explored include the centrality of a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. Whether you want to apply certain aspects of a coaching approach with your clients or move toward adding a professional coach certification to your résumé, *Lifestyle Wellness Coaching, Second Edition*, will serve you well. The text presents the necessary skills for professional development and offers an evidence-based methodology for supporting and advancing clients in change processes related to health, wellness, and fitness agendas.

Integrative Nursing - Mary Jo Kreitzer PhD, RN, FAAN 2014-02-17

Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. This

volume is the first complete roadmap to integrative nursing, providing a step-by-step guide to assess and clinically treat conditions through a variety of combined methodologies including wellness, lifestyle enhancement, and nutrition. This text puts forth both the skills and theoretical frameworks for multidisciplinary leaders to consider and implement integrative healthcare strategies within institutions, including several case studies involving practical nursing-led initiatives. Sections one and two cover the foundations, including principles and best practices, healing environments, whole systems healing, and measurement of outcomes. The third section outlines major areas of symptom management such as pain, nausea, insomnia, anxiety, depression, stress, and behavioral dysfunction. The fourth and fifth sections address applications to patient populations, models of care, and models of education. The final section collects global perspectives. The academic rigor of the text is balanced by practical and relevant content that can be readily implemented into practice for both established professionals as well as students enrolled in undergraduate or graduate nursing programs.

From One to Many - Jennifer J. Britton 2013-06-27

"Jennifer Britton has penned another winner! With *From One to Many*, Jennifer not only gives us a bird's-eye-view perspective, but she also delves into the details we need to be successful as group and team coaches. I'm eager to incorporate this new material—not only into my course curriculum—but also into my own group coaching programs."

—Jory H. Fisher, JD, www.JoryFisher.com "This remarkable resource gives coaches the necessary tools to expand their effectiveness and offer a group experience of connection and collaboration, providing an exceptional experience for many." —Sandy Miller, MA, CPCC, ACC, www.revolutionizingdivorce.com "From One to Many is a must-read for coaches, whether experienced or new to group and team coaching. Jennifer combines extensive research, personal and peer experiences,

practical applications, and a comprehensive set of tools and resources to deliver another excellent book for professional coaches." —Janice LaVore-Fletcher, MMC, BCC, President, Christian Coach Institute
Practical tips, tools, and insight on successful team and group coaching engagements As professional development budgets at many organizations remain flat or even shrink due to financial pressures, coaches and human resources leaders are looking for new ways to do more with less funding. Team coaching—which may span intact teams, project teams and virtual teams—and group coaching—spanning both organizational and public contexts—offer a solution to this developmental puzzle. Unfortunately, there are few practical resources available that address the best practices for team and group coaching. From One to Many fills that gap for coaches, leaders, and human resources professionals. The book explains how to integrate the practice into an organization and how to maximize it to full effect. One of the only books on the market that explores in-depth the related topics of team and group coaching
Written by the founder of a performance improvement consultancy who is also a popular speaker on the subject Features new content specifically for practitioners in coaching, human resources, performance improvement and related fields

The Process of Highly Effective Coaching - Robert F. Hicks
2017-01-20

The Process of Highly Effective Coaching offers a unique blend of theory and practical methods for conducting effective coaching conversations. It provides an umbrella under which all of the major conceptual models for helping people change can not only coexist but work together. In addition to using this integrative approach, The Process of Highly Effective Coaching presents a framework for conducting coaching conversations and for relating the coaching process to the coaching competencies defined by the International Coach Federation, the largest coach-credentialing organization in the world.