



Mastery in Coaching: A Complete Psychological Toolkit for Advanced Coaching

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The reasons that coaching works so well and can produce such dramatic results are grounded in psychology, so it follows that some of the most powerful coaching methods available draw on psychological thinking. This up-to-the-minute guide presents the latest thinking on the most effective techniques coaches can use with their clients. Every chapter is written by a leading expert in the field, and takes a rigorous, evidence-based approach which will give you a practical understanding of each method, supported with examples, and underpinned by the theory of the key psychological concepts in coaching. Ranging from cognitive-behavioural coaching, gestalt and positive psychology to neuroscience and mindfulness, this indispensable book will give any serious coach the tools they need to get the best from their clients.

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