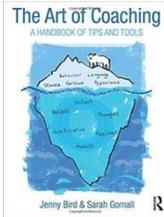


Library and Knowledge Services

Coaching

A selection of books from the four Trust libraries



The art of coaching: a handbook of tips and tools

Jenny Bird and Sarah Gornall

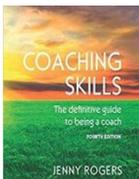
This is a book to shift thinking and open up new possibilities, to stimulate fresh insight, to adapt to your needs as a coach or manager and to use creatively in practice. Written by two experienced, international coaches and supervisors, this book offers ideas to use across the range of coaching contexts including leadership, decision making, change and supervision. An invaluable companion for coaches looking for new ways of developing awareness.



50 top tools for coaching: a complete toolkit for developing and empowering people

Gillian Jones

This book presents techniques needed for every coaching situation. Full of templates, checklists and tips, it covers assessing client needs, selecting the right tool and delivering effective coaching with confidence. It addresses key areas from the start of an assignment to finish, including: setting up and managing the coaching relationship; understanding and resolving problems; increasing client confidence; enhancing performance; communication and influence; and developing a leadership style.



Coaching skills: the definitive guide to being a coach

Jenny Rogers

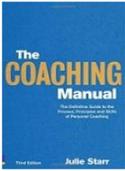
With dozens of case studies and practical guidance, this book also emphasizes the importance of underpinning psychological awareness and understanding. It will support you whether you are an experienced coach or a beginner.



Brilliant coaching: how to be a brilliant coach in your workplace

Julie Starr

This book shows how anyone can become a brilliant coach at work. Based on methods developed and proven in business, you will discover how to use core coaching methods and apply these to common coaching scenarios.



The coaching manual: the definitive guide to the process, principles and skills of personal coaching Julie Starr

This book combines coaching principles, skills, attitudes and behaviours, with practical guidance and a tool kit for coaches. It includes: models, perspectives, skills, case studies and advice.



Coaching: evoking excellence in others

James Flaherty

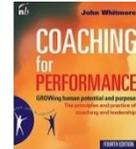
This guide dissects the science of coaching. It is a learning guide for new and experienced coaches who want to challenge their methods of partnering with clients. It is also a guide for training managers and leaders and human resource development managers who want to develop their teams.



The psychology of executive coaching: theory and application

Bruce Peltier

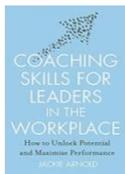
Peltier describes psychological theories and how to apply them to coaching strategies; business lessons in leadership, marketing and the corporate viewpoint; the challenges women face as managers and executives and coaching methods for this. With four new chapters, describing psychopathology, emotional intelligence, adult developmental theory and scientific literature on leadership development.



Coaching for performance: Growing human potential and purpose: the principles and practice of coaching and leadership

Sir John Whitmore

Clear explanations on how to unlock people's potential to maximise performance. It contains the GROW model (Goals, Reality, Options, Will) and includes transpersonal psychology. There are new coaching questions and fresh chapters on emotional intelligence and high-performance leadership.



Coaching skills for leaders in the workplace: how to develop, motivate and get the best from your staff Jackie Arnold

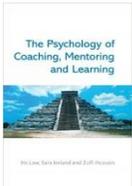
This book highlights the differences between coaching, supervision & mentoring. It demonstrates how coaching programmes enhance behaviours, retain staff, reduce recruitment costs, promote well-being and give a robust return on investment.



Handbook of coaching Psychology: a guide for practitioners

Stephen Palmer, Alison Whybrow

The book begins with a mixture of personal and factual narratives on the historical and current context of coaching and coaching psychology. It is an essential resource for coaching psychologists, coaches, human resource and management professionals.



The psychology of coaching, mentoring and learning

Ho Law

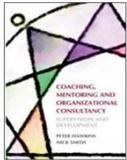
This book provides a thorough understanding of the rationale, theory and practice of coaching and mentoring from a psychological perspective. The authors unify the psychology underpinning this field, then demonstrate how individuals and organisations can apply the principles and techniques of coaching and mentoring.



Effective coaching: lessons from the coaches' coach

Myles Downey

A pragmatic guide that establishes the many benefits of coaching in order to create a working environment for individuals and organizations to ensure that both fulfill their full potential.



Coaching, mentoring and organizational consultancy: supervision and development

Peter Hawkins

This book provides you with the theory and practice on how to succeed in the fields of coaching, mentoring, and consultancy by explaining the fundamental principles, formal standards, and skills necessary to become an effective supervisor.



The seven steps of effective executive coaching

Sabine Dembkowski

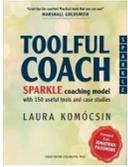
This book explains the 7-step ACHIEVE coaching model, which focuses on five essential coaching skills—the development of rapport, deep listening, creative and open questioning, honest feedback and the use of intuition. With case studies and examples, this book provides a model for executive coaches to structure their coaching sessions and programs.



Coaching and mentoring in health and social care: the essential manual for professionals and organisations

Julia Foster-Turner

This book provides a grounding in the key principles and practice of coaching and mentoring. It offers step-by-step guidance on the process with a wide range of tools and techniques to explore. It challenges the reader to consider issues about the motivation, personal development, standards and ethics of coaches, mentors and their practice based on current and emerging best practice in the field.



Toolful Coaching

Laura Komocsin

The author has gathered 13 coaching frameworks and 150 coaching tools from a variety of disciplines, including professional coaching, psychology, training, and business management. It introduces a new model for the coaching process (SPARKLE) and leads the reader through available tools for different phases of this model. It combines theory and practice, providing a list and description of coaching tools and valuable illustrations insightful “one-minute” case studies.

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