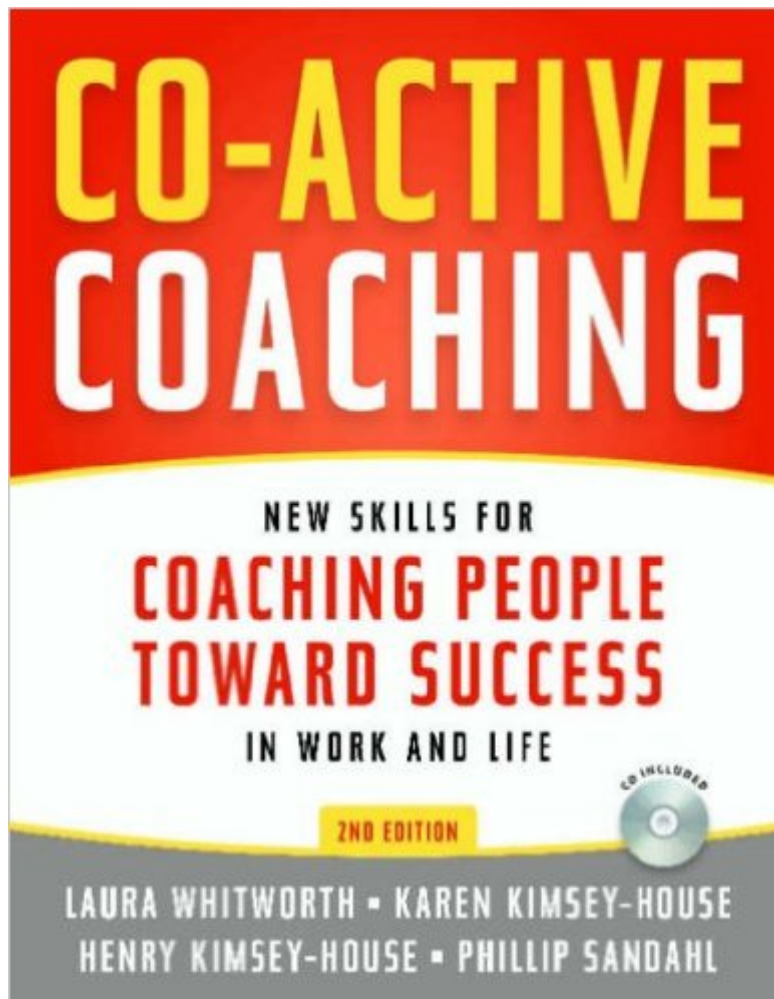


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# Co-Active Coaching: New Skills For Coaching People Toward Success In Work And, Life



## Synopsis

Discover what's new in this classic work that helped define the field of coaching. With the first edition of *Co-Active Coaching*, Laura Whitworth and her pioneering co-authors set the stage for what has become a cultural and business phenomenon, and helped launch the professional practice of coaching. Their flexible *Co-Active Coaching* model has stood the test of time as a transformative communication process that co-workers and teammates, managers, teachers, and students can use to build strong and collaborative relationships. In this new edition, the authors reflect today's reality of how coaching has moved beyond its initial focus on life skills to become an integral part of an organization's toolkit for developing leaders. Already used as the definitive resource in dozens of corporate and professional development programs, *Co-Active Coaching* has been updated to include the latest terminology and a variety of fresh coaching examples drawn from the authors' firsthand experiences with thousands of international coaching trainees and clients. The power-packed *Coach's Toolkit* has been expanded to include more than 35 exercises, questionnaires, checklists, and reproducible forms. And a CD containing sample audio coaching sessions, and printable forms from the Toolkit, have been added to make these proven principles and techniques practical.

## Book Information

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## Customer Reviews

In my view it does not matter where you are in your coaching career, this is a valuable resource. The book is laid out in three parts. The first section goes into the fundamentals of *Co-Active* coaching.

They discuss the Co-Active (or collaborative) coaching model and the coach client relationship. Part two goes deeper and deals with the components of coaching: Listening, Intuition, Curiosity, Moving forward and deeper and Self-Management. These are the coaching skills and techniques you can develop and/or improve. I believe most coaches have the propensity to be skilled in these areas, but here is some sound practical advice on how to improve these skills and specific ways to use them in the coaching process. Part three deals with Co-Active coaching principles and practices. Putting parts one and two into practice by going deeper into the theory and using specific examples to illustrate the points. Then there is what might be the most valuable part of the book - the Coach's Toolkit. The toolkit is an extremely valuable resource containing forms and exercises that any coach can put to great use in their business. There are specific exercises, client interview forms, planning checklist, client profile and many, many other forms. In addition there is a CD which has two practice coaching sessions in audio format as well as all the forms from the Coach's Toolkit in PDF format. If you are serious about your coaching business, this is a wonderful resource that will save you time and money in running your business. It is also a very handy reference resource to refresh and improve your skills.

As someone who has coached CEOs, company owners, and members of senior management teams this book was a revelation. It's never about you...it is always about them. The clients are "naturally creative, resourceful, and whole and capable of finding the answers they need." The magic is in asking the questions, listening, managing process, and, in a term that truly captures the book, "dancing in the moment." The book also includes a CD that includes audio coaching sessions as well as a number of PDF files that reproduce The Coach's Toolkit. An unexpected bonus.

Excellent book for new coaches. I took this as part of my PhD program at Capella University and it was an intensive 11 weeks of personal growth. I was able to use the skills learned to coach others. It contains coaching examples and CDs with live coaching. Get ready for a real transformation. Also, use this book in conjunction with the book, Leadership From the Inside Out by Cashman. I was equally excited about that book. You may also include Taming Your Gremlin by Carson as well.

This much is a must for anyone getting into coaching. It covers the fundamentals, coaching model, scenarios, forms, and more. As a new coach who was referred to this book by my coach I can tell you this is a must have book hands down. It comes with a CD, and offers a plethora of questions for you to ask clients. It also covers how to discover values and beliefs of your client. 5 stars all day!

I love this book because it helps me create structure around the coaching that I do in a playful way that feels good. My coaching can be feminine, dynamic, and a bit unruly, and this gives me the containers to have it be effective.

This book was a text book when I attended a twelve month coaching course. I use it all the time and value its content. It is a must for anyone wanting to become a coach, or already one that would like to become a better coach.

Excellent first coaching book or as a supplement to one who has been coaching already. If you really just want to create better relationships, this is also a great book to learn, apply and share with others.

I've just started reading Co-Active Coaching (about 1/3 of the way through, it is the coaching book that I've been longing to find. Over the last several years I've compiled a library of resource to help me as a coach pull all the details of what I need as a coach and what's the best for me to offer my client's...I've found that Co-Active Coaching is a must have resource for anyone who is wanting to know the best of the best information and practical insights for coaching. It's not just a nuts and bolts manual, but it is packed with inspiration and heartfelt passion for the profession to lead you become the coach you are longing to become, for the sheer benefit of those who call you coach.

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