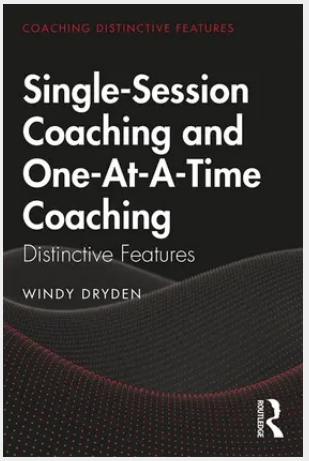
Dryden

Single-Session Coaching and One-At-A-Time Coaching

Distinctive Features



In Single-Session Coaching and One-At-A-Time Coaching: Distinctive Features, Windy Dryden presents a clear and accessible overview of the theory and practice of Single-Session Coaching and One-At-A-Time Coaching (SSC/OAATC). Presented in the highly accessible Distinctive Features format, Dryden explores how these approaches allow coaches and clients to tackle problems and find solutions quickly and flexibly. Single-Session Coaching and One-At-A-Time Coaching is split in two parts, providing a complete understanding of both the theory and practice of SSC/OAATC, as well as clearly examining key topics, including the foundations of SSC/OAATC, what makes a good SSC/OAATC coach and coachee, common misconceptions, preparing for and structuring a session, and considering significant coachee variables. It explains key terminology, such as the difference between Problem-Focused and Development-Focused SSC/OAATC, and portrays these differences in useful case studies to show the benefits of each for individual clients. Finally, it concludes with details on following up with the coachee, including key questions to ask. With case studies throughout, this approach can be applied in various clinical settings, such as primary care, and non-clinical settings, such as voluntary sectors, and is ideal for time-limited scenarios in comparison to other, more time-consuming, coaching methods. This will be an invaluable tool for coaches in practice and in training, as well as for academics and students of coaching.

125,50 €
117,29 € (zzgl. MwSt.)

Nicht mehr lieferbar

Artikelnummer: 9780367347734
Medium: Buch
ISBN: 978-0-367-34773-4
Verlag: Taylor & Francis Ltd
Erscheinungstermin: 27.08.2019
Sprache(n): Englisch
Auflage: 1. Auflage 2019
Serie: Coaching Distinctive Features
Produktform: Gebunden
Gewicht: 249 g
Seiten: 164
Format (B x H): 123 x 186 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)