Dryden

Dealing with Emotional Problems in Coaching

A Rational-Emotive and Cognitive-Behavioural Approach

This book is a comprehensive guide for coaches on how to use rational-emotive and cognitive behaviour therapy to help coachees with their emotional problems within a coaching context. In this fully updated new edition, Windy Dryden: - discusses the eight major emotions that feature in coachees' emotional problems and their healthy alternatives - outlines a step-by-step guide to the use of RECBT in the coaching context - illustrates these points with a case of a coachee whose progress towards a personal development objective was hampered by an emotional problem and how the coach implemented RECBT to help her deal with the obstacle and resume development-based coaching. Dealing with Emotional Problems in Coaching will be a valuable resource for all those involved in coaching.

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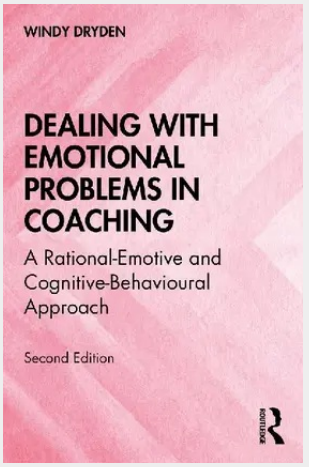

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