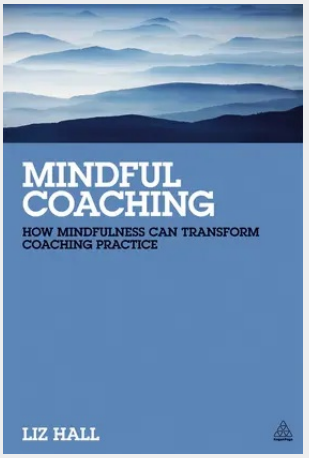
Hall

Mindful Coaching

How Mindfulness Can Transform Coaching Practice



Mindfulness is a way of paying attention to the present moment, helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we are better able to manage them. ***Mindful Coaching*** is a comprehensive guide to using mindfulness effectively in coaching. It enables coaches to work closely with their clients on a range of issues, including work-life balance, stress management, decision making, coping with ambiguity, dealing with crises, employee engagement, heightening focus and clarity, improving listening and communication, and increasing presence. ***Mindful Coaching*** includes a range of real-life examples and practical exercises to enable coaches to become more resilient in their practice, something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work.

Mindfulness is a way of paying attention to the present moment, helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we are better able to manage them. Mindful Coaching is a comprehensive guide to using mindfulness effectively in coaching. It enables coaches to work closely with their clients on a range of issues, including work-life balance, stress management, decision making, coping with ambiguity, dealing with crises, employee engagement, heightening focus and clarity, improving listening and communication, and increasing presence. Mindful Coaching includes a range of real-life examples and practical exercises to enable coaches to become more resilient in their practice, something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work.

47,10 €
47,10 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780749465667
Medium: Buch
ISBN: 978-0-7494-6566-7
Verlag: CIPD
Erscheinungstermin: 01.04.2013
Sprache(n): Englisch
Auflage: 1. Auflage 2013
Produktform: Kartoniert
Gewicht: 433 g
Seiten: 280
Format (B x H): 156 x 234 mm

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