

Becoming a Coach

The Essential ICF Guide

The third edition of this essential guide equips you with the skills and knowledge you need to develop yourself as a professional coach. It encourages you to reflect on who you are, what you do and how you can enhance your skills. By drawing on the International Coaching Federation's (ICF) Gold Standard for coach training and the latest coaching research, it ensures that your practice is well-informed by evidence and is up to the highest professional standards. The book also helps you as you undertake any coaching training program, deepening your understanding of the core skills to be a coach and broadening your thinking about these can be applied with real clients in your own coaching practice. What's new in this edition: Three new chapters, with critical updates to the rest of the chapters to match the latest ICF competency guidelines.

Praise for the book

is the perfect place to start your coach development journey. The book provides a comprehensive coverage of the issues in coaching and offers an essential guide to the new ICF coach competencies for new and developing coaches.

- Marshall Goldsmith - Thinkers 50 #1 Executive Coach for 10 years

Whether you are becoming a coach, or are a seasoned coach supervisor, mentor, trainer, or educator, this book is your vital companion. The authors bring decades of experience and research into one powerful resource. Grounded in evidence-based models, plus tools, activities, reflective exercises and more, this book is a must-read!

- Dr. Laura L. Hauser, MCC, MCEC | Training Director, Team Coaching Operating System® | Faculty, Fielding Graduate University coaching program | Executive Officer, GSAEC.org

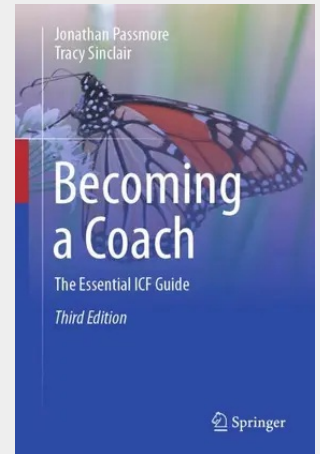
This is one of those rare books which has something for everyone. One of the most comprehensive guides to becoming a powerful coach which starts from the basics and takes us to the essentials of mastery. This book has embraced the complexity of coaching literature, approaches and tools. It has then structured and presented them in a fashion that brings together the chaos to a usable format. I can safely say that this book would offer a new idea, approach or perspective even to the most experienced of coaches.

- Shweta Handa Gupta, MCC, Change Leadership Coach, QuadraBrain® Transformation Solutions, Global ICF Young Leader Award Recipient, 2018

In this crowded confusing profession called coaching, Sinclair and Passmore have written the guidebook that clears the fog for coaches on their path to coaching excellence. Becoming a Coach clarifies the distinction of coaching and why it is so effective, provides specific practices for embodying a coaching mindset, and is full of tools that will elevate your coaching impact. No matter where you are on your journey, this book will give you a bright light to follow.

- Dr. Marcia Reynolds, MCC, ICF Global Board Past Chair, Author of

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96,29 €

89,99 € (zzgl. MwSt.)

vorbestellbar, Erscheinungstermin ca. Januar 2027

Artikelnummer: 9783032301451

Medium: Buch

ISBN: 978-3-032-30145-1

Verlag: Springer

Erscheinungstermin: 28.12.2026

Sprache(n): Englisch

Auflage: Third Auflage 2026

Produktform: Kartoniert

Seiten: 375

Format (B x H): 155 x 235 mm

