



Life Coaching Skills: How to Develop Skilled Clients (Paperback)

By Richard Nelson-Jones

SAGE Publications Inc, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. `Life Coaching Skills by Dr Richard Nelson-Jones is an excellent introduction to this rapidly expanding field of work. I can thoroughly recommend this book for both experienced and neophyte coaches. Practitioners from other professions and the layperson may also find the skills useful - Professor Stephen Palmer, Coaching Psychology Unit, City University ` This book provides a wealth of information and expertise founded on tried and tested interventions and cannot fail to improve the skill level of existing coaches as well as those entering the Life Coaching arena - Gladeana McMahon, Head of Coaching Fairplace plc, Co-Director, Centre for Coaching Life coaching is a rapidly growing area with more and more people seeking help to lead satisfying and successful lives. Life Coaching Skills provides a practical introduction to the skills needed to be an effective life coach and incorporates a wide range of practical activities for coaches to use to help their clients develop self-coaching skills. Written by leading skills expert, Richard Nelson-Jones, the book presents a four stage life coaching model based around the core concepts of relating, understanding, changing and...



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