



## Cognitive Behavioural Coaching in Practice: An Evidence Based Approach

By -

Routledge. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 7.6in. x 5.1in. x 0.9in. Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. Michael Neenan and Stephen Palmer bring together experts in the field to discuss topics including: procrastination stress performance self-esteem perfectionism goal selection socratic questioning. This highly practical book is illustrated throughout with lengthy coach-coachee dialogues that include a commentary of the aims of the coach during the session. It will be essential reading for both trainees and professional coaches whether or not they have a background in psychology. It will also be useful for therapists, counsellors and psychologists who want to use coaching in their everyday practice. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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