



## Coaching Plain Simple: Solution-Focused Brief Coaching Essentials

By Peter Szab

W. W. Norton & Company. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 7.8in. x 5.3in. x 0.5in. An easy-to-read, pocket-sized primer on brief coaching basics. This is a highly practical and condensed introduction to solution-focused coaching, offering a simple and clear structure for coaching sessions that is easy to learn. Content is illuminated through exemplary dialogues from real coaching sessions and bullet-point toolboxes for greater variety of choice. Narrative explanations create a helpful framework for understanding the general idea of coaching and the practicalities of the solution focused approach. Several illustrating graphs and symbols give the book an easy to read, light touch. The book targets beginners in coaching who are looking for simple guidance and step-by-step ideas in their learning process. Topics include: What is coaching Coachingsimple, concise and effective Overview: Major elements of the coaching conversation Contracting before you start Coaching agreement for the first session Preferred Future Resources and forerunners of solutions Small steps and clues of upcoming progress Session conclusion Follow-up sessions Brief coaching of executives three examples Beyond technique continuous learning as a coach This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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