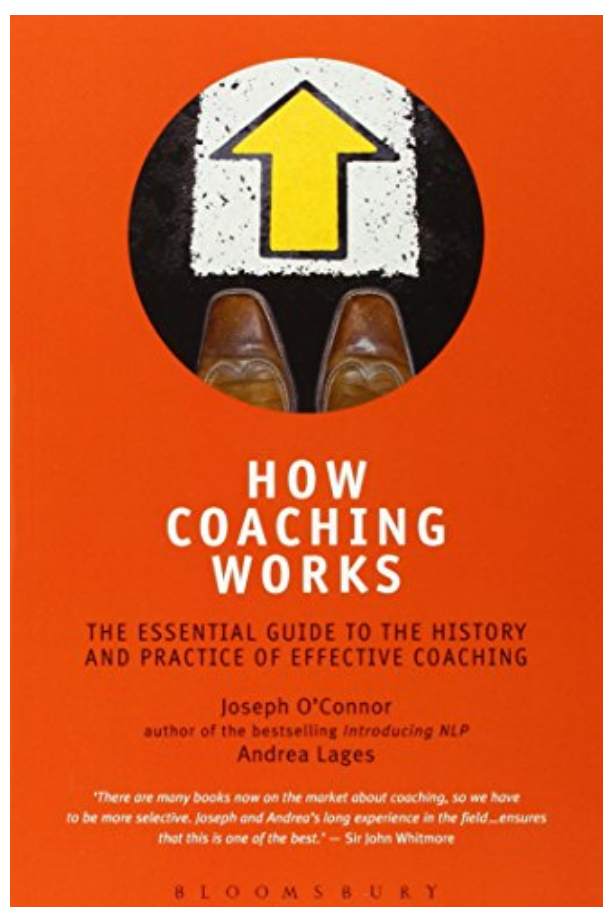
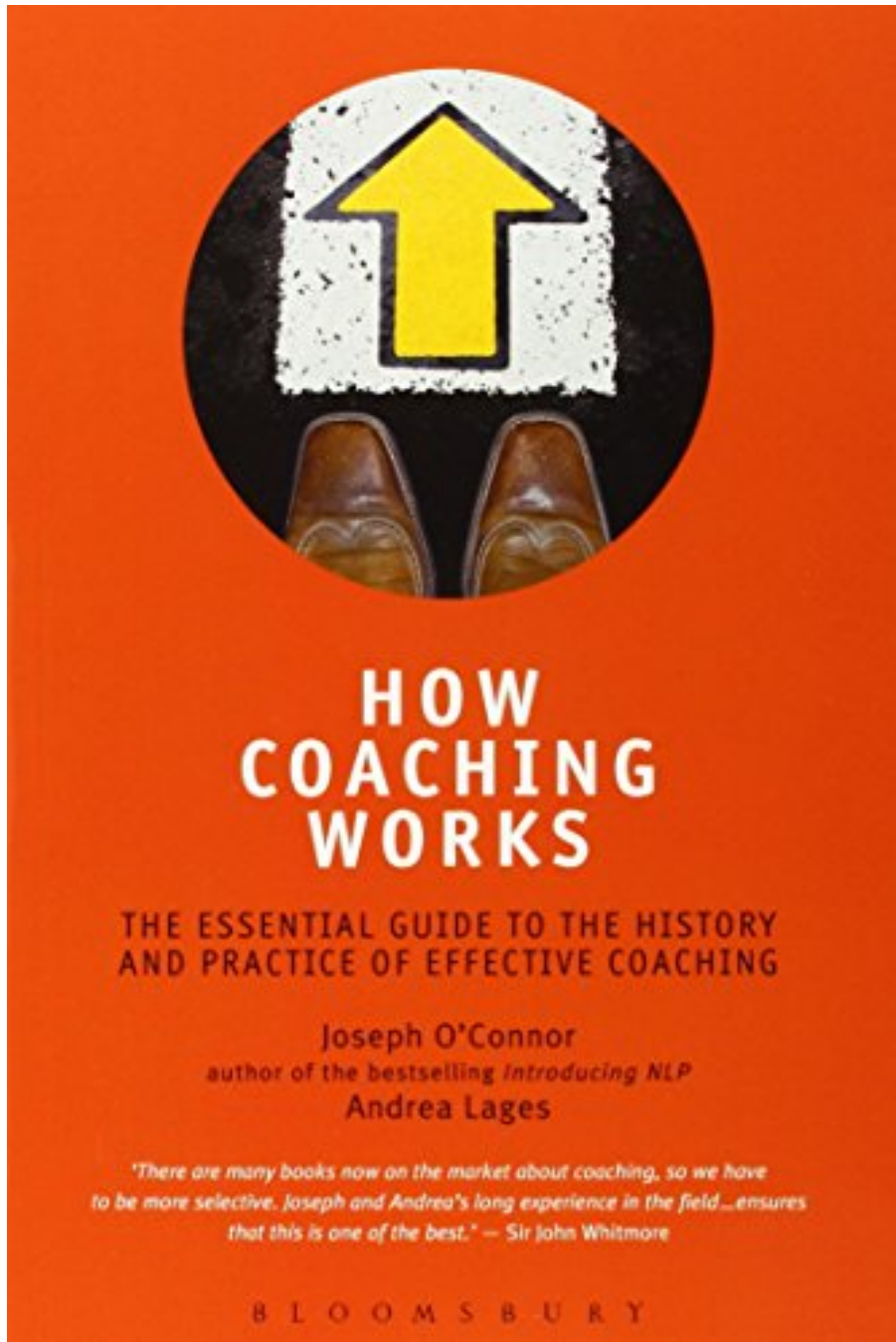


HOW COACHING WORKS: THE ESSENTIAL GUIDE TO THE HISTORY AND PRACTICE OF EFFECTIVE COACHING BY JOSEPH O'CONNOR, ANDREA LAGES



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Review

'This is the first book to explain the key concepts that underpin all of these different areas [executive, business, life, sports, team]. It also explores how various ideas have blended to give rise to what we know as 'coaching' today' Personnel Today (December 07)

About the Author

Joseph O'Connor and Andrea Lages are co-founders of the International Coaching Community, a community of over 1000 coaches from 31 countries. They are experienced coaches and have worked in life, business and executive coaching.

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Coaching is very big business. Over the last decade it has become one of the most popular approaches to personal and business development.

Coaching books tend to focus on just one method, and just one of five main areas: Executive coaching (for senior business people); Business coaching (for companies to improve results); Life coaching (for people who want a better sense of fulfilment and wellbeing); Sports coaching (for individual athletes); Team coaching (for teams in sport or business).

Pragmatic and informative, How Coaching Works is the first to explain the key concepts that underpin all of these different areas. It also explores how different ideas have blended to give rise to what we know as 'coaching' today, and singles out what works.

The authors are two of the world's leading experts in this field. In How Coaching Works they have created a must-have book for practising coaches, students and anyone interested in the subject.

- Sales Rank: #253660 in Books
- Published on: 2009-05-01
- Released on: 2009-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.27" h x .86" w x 6.18" l, .85 pounds
- Binding: Paperback
- 288 pages

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4 of 5 people found the following review helpful.

Essentials for any coach

By Kindle Customer

Joseph's clarity and comprehensive approach make his books a joy to read. He has a gift for communicating complex concepts and very large ideas with ease and grace. No doubt, a great contribution to the field of coaching.

0 of 0 people found the following review helpful.

An excellent overview

By still searching

As is always the case with Joseph O'Connor's books this is written in a no-nonsense, straightforward style that incorporates humour and humanity but still manages to inform, educate and to provide a thorough overview on the state of coaching today. It is split into four sections that provide, sequentially, a history of the development of the idea of coaching, brief resumes of different styles of coaching written by acknowledged experts in their fields, the influence of ideas from other but related disciplines, primarily psychology and finally postulates the future.

Anyone serious about coaching will find this stimulating, inspiring and informative.

0 of 0 people found the following review helpful.

Excellent & Objective Insights

By maanveer singh

I think Joseph and Andrea have taken presentation to another level in their approach to this book... Every minute historically significant incident that has impacted the development of coaching has been painstakingly researched and documented.

The objective approach to different models of coaching...is absolutely a pleasure to read... I think the book is testimony and edification to their approach to coaching...simple, effective and thought provoking...

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