

# Successful Coaching 4th Edition

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the book that changed the field of professional coaching forever the wait is over this is the new 4th edition of the cultural and business phenomenon that helped launch the professional practice of coaching the bible of coaching guides no other book gives you the tools the skills and the fundamentals needed to succeed in these delicate relationships stephen r covey author of the 7 habits of highly effective people this extensively revised 4th edition of co active coaching now offers leaders managers and other business professionals practical guidance for embracing coaching as a core competency to drive greater workplace engagement the flexible co active coaching model showcased in the book has stood the test of time as a transformative communication process that co workers and teammates managers teachers and students can use to build strong and collaborative relationships in this highly anticipated new edition the authors capture their broader experience in applying the co active approach to leadership and human development the book reflects today s reality of how coaching has moved beyond its initial focus on life skills to become an integral aspect of successful leadership development it provides the latest terminology and a variety of fresh coaching examples drawn from the authors first hand experiences with thousands of international coaching trainees and clients the power packed on line coach s toolkit has been expanded to include more than 35 exercises questionnaires checklists to make these proven principles and techniques accessible and practical full of thoughtful exercises relevant examples and concrete advice this text is clear direct easy to read and inspiring the only book life coaches business coaches and health coaches will ever need to build stronger relationships and healthier communication

the book that changed the coaching field forever used as the definitive resource in dozens of professional development programs co active coaching teaches the transformative communication process that allows individuals from all levels of an organization from students to teachers and direct reports to managers to build strong collaborative relationships with the first edition the authors of co active coaching earned their place at the forefront of the coaching profession now this fully revised third edition of their classic work extends the use of their pioneering co active model which emphasizes a partnership between client and coach into leadership management throughout an organization this new edition has been updates to include fresh coaching examples the latest in coaching terminology and an expanded web based coach s toolkit

as america s best selling coaching text successful coaching has helped over a million coaches develop their coaching philosophies improve their communication teaching and management

skills and understand their responsibilities as a coach the updated fourth edition of successful coaching offers students as well as new and veteran coaches a comprehensive guide to every aspect of coaching written by rainer martens a respected and renowned sport psychologist longtime coach and lifelong competitive athlete successful coaching fourth edition details the principles knowledge and skills that will help coaches build a foundation for their decisions and actions working through the text coaches will define their philosophy identify their objectives and determine their coaching style next coaches will learn how to become skilled communicators and motivators by applying psychological principles and recommendations for positive management of athletes behavior knowing the skills required for each sport is as important as knowing how to teach and shape those skills with successful coaching coaches will become more effective instructors as they learn the games approach to teaching technical and tactical skills a proven method of helping athletes become smart tactical players of their sports successful coaching also discusses the team management responsibilities of the coach and details how to manage relationships with athletes other coaches administrators medical personnel officials parents and the media also addressed are the legal responsibilities of a coach and strategies for reducing risk readers will find the latest research in the fields of physical training and nutrition including new information on creatine energy drinks caffeine and hydration successful coaching also provides a straightforward discussion of drug abuse among athletes offering all new content on methamphetamines prescription drug abuse and drug testing recommendations sidebars provide focused insights on a range of coaching topics and offer personal encouragement and advice for coaches throughout the season in addition quotes from well known coaches provide perspective on what it takes to be a successful coach reflection questions at the end of each chapter encourage readers to think critically about the content and apply it to their own current or future coaching situations for course adopters successful coaching also includes online access to a full set of instructor resources including an instructor guide image bank and test package a dedicated website also includes customizable and reproducible forms access to the electronic forms and additional online resources are referenced throughout the text written by a coach for coaches successful coaching blends the latest research and accepted practices in the sport sciences with practical advice from seasoned coaching veterans successful coaching helps readers think critically about their motivation for being a coach and establish a coaching philosophy and style that pave the way for a fulfilling sport experience for coaches and their athletes the fourth edition of successful coaching has been carefully revised to meet or exceed the guidelines of the national council for accreditation for coaching education and the recommendations of the national

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this book has been a best seller for coaches all over the world since the first edition was published in 2004 coaches appreciate its straightforward advice on how to coach and the truthful way the book captures the actual experience of coaching this 4th edition has been extensively updated it keeps the most popular features of earlier editions and also includes material on the magic ingredients that determine whether the coach client relationship works why goal setting and questioning are such important skills for any coach and how you can acquire them how to use the insights that are emerging from neuropsychology how as a coach you can work with clients to get them past their blocks and barriers how to cope with clients who cry or who report traumatic experience and where the boundaries are with therapy how to give vital information but in coaching style how to blend challenge with support tips and hints on how to coach by phone a full template on how to run the first session there are a multitude of reasons why the latest edition of this best selling book deserves a place on the bookshelves of both new and more experienced coaches practical exercises and techniques such as the life scan wheel magic questions immunity to change grid and the oscar model are clearly explained and new to this edition is a useful and detailed first session template she has gathered together insights and gems from books as diverse as daniel kahneemann's thinking fast and slow and carl jung's modern man in search of a soul it transforms what could have been a dry manual into a stimulating and pleasurable read as well as an information dense resource and a worthy investment of any coach's time and money review in coaching today january 2017 issue 21

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