



101 Coaching Strategies and Techniques (Essential Coaching Skills and Knowledge)

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101 Coaching Strategies and Techniques provides focused, practical strategies to help the coach with their work. Each point provides a detailed explanation of the strategy together with potential pitfalls and solutions.

Contributors from a range of coaching backgrounds are brought together to cover a number of issues faced by professional coaches including:

- confidence building
- developing specific skills and strategies
- group coaching
- problem solving and creativity
- self awareness
- the stuck client.

101 Coaching Strategies and Techniques will be a handy reference tool for busy coaches; the bite-sized strategies will also provide a useful guide for those in training.

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