

[Read free] Coaching Understood: A Pragmatic Inquiry into the Coaching Process

Coaching Understood: A Pragmatic Inquiry into the Coaching Process

Elaine Cox

*DOC | *audiobook | ebooks | Download PDF | ePub*

Coaching Understood

A pragmatic inquiry into the coaching process

Elaine Cox



 Download

 Read Online

#1475035 in eBooks 2012-11-12 2013-12-19 File Name: B00HPZ51I4 | File size: 26.Mb

Elaine Cox : Coaching Understood: A Pragmatic Inquiry into the Coaching Process before purchasing it in order to gauge whether or not it would be worth my time, and all praised Coaching Understood: A Pragmatic Inquiry into the Coaching Process:

1 of 1 people found the following review helpful. A Book from the Heart of Elaine Cox - Professor M.S.Rao, Author of 18 Books on Leadership By Professor M.S.Rao, International Leadership Guru and Author of 36 Books on Leadership This book is part of constructive investigation into the foundations of coaching that is so badly needed. It helps provide a strong underpinning for coaching so that others may build confidently on its ideas and proposals. It uncovers fundamental differences that will enable coaching researchers to focus more explicitly on the process of coaching as a distinct area of study. It provides a new, holistic and very practical model that gives clients an

understanding of the process, and provides coaches with a framework to guide their practice-and indeed to underpin their own leaning and development.Elaine Cox authored this book with a lot of passion towards coaching.Anyone who wants to learn about the length and breadth of coaching this is the best book. If you are passionate about coaching, read this book more than once. It will change the way you think about coaching, and equips you with tools, tips, and techniques for any situation to excel as a great leader.

'This book is a milestone in the coaching literature. Elaine Cox provides an excellent text that is scholarly, practical and accessible. She offers clear insights into how coaching works so that coaching is truly understood!' - Bob Garvey, Professor of Business Education, York St John Business School'The development of the coaching literature has often been protracted and modest. In recent years, few coaching texts provided a significant leap forward in our understanding of psychological dynamics of coaching. For this reason, Cox's Coaching Understood is a game changer. More thoroughly and systematically than ever before, this work gets under the bonnet of the coaching engine and explores the mechanics of the coaching process. For anyone wondering why coaching works, this book is your answer.' - Yossi Ives, Tag International Development, UK (International Journal of Evidence Based Coaching Mentoring)Coaching Understood takes a fresh approach to coaching skills and techniques by examining each element of the coaching process in detail in order to verify and justify its effectiveness.By exposing the mystery underlying coaching's success as a personal and professional development intervention, Elaine Cox undertakes to generate a better understanding of coaching, improve coaching practice, and breed a new generation of more informed coachees and buyers of coaching.Coaching Understood is essential reading for students and practitioners alike.Electronic Inspection Copy available for instructors here

'This is a scholarly book about coaching that is refreshing in that it omits any reference to the GROW model and it does what it says on the backcover; i.e., it "takes a fresh approach to coaching skills and techniques by examining each element of the coaching process in detail in order to verify and justify its effectiveness." It is highly recommended to all coaches and it will be inspirational for those who come from an education (especially adult learning) background' - Simon Jenkins International Journal of Sports Science and Coaching 'This book is a milestone in the coaching literature. Elaine Cox provides an excellent text that is scholarly, practical and accessible. She offers clear insights into how coaching works so that coaching is truly understood!' Bob Garvey, Professor of Business Education York St John Business School 'Bridging the gap between academic research/theory and the world of the practitioner is arguably the greatest challenge facing the coaching profession. Elaine Cox accomplishes this feat in one of the most difficult topic areas in a highly readable and accessible, yet evidence-based volume.'Professor David Clutterbuck European Mentoring and Coaching Council 'This is a good resource to help learners to excel as leaders, and for anyone who wants to learn about the length and breadth of coaching. If you want to debunk several myths on coaching, read this book. If you are passionate about coaching, read this book more than once. It will change the way you think about coaching'--Professor M.S. Rao, Founder of the MSR Leadership Consultants, India'This book is a treasure trove of useful information. Cox has collated an amazing collection of ideas drawn from many sources and, unlike pirates, she has carefully acknowledged and referenced all sources of her gems. She has also presented them in ways that offer many insights into the coaching process, plus plenty of practical suggestions for implementation. I couldn't hope to capture so much in a review, so the following is an account of the various chapters, with brief glimpses of the treasures therein, with the intention of persuading you to get a copy for yourself so you can explore the riches in more detail'-- Julie Hay 'Coaching Understood is a comprehensive, evidence based text that portrays coaching as the professional discipline that it deserves. This text was written with both the coach and client in mind. The author, Elaine Cox, has written a text that is long overdue; it will be a valuable resource for those researching coaching in an academic environment. The text has a theoretical feel, but is a valuable resource for practitioners. It's the kind of text you might read with a highlighter in one hand.'--Lisa J. Lucas (07/29/2013)This is a good resource to help learners to excel as leaders, and for anyone who wants to learn about the length and breadth of coaching. If you want to debunk several myths on coaching, read this book. If you are passionate about coaching, read this book more than once. It will change the way you think about coaching.--Professor M.S. Rao, Founder of the MSR Leadership Consultants, IndiaThis book is a treasure trove of useful information. Cox has collated an amazing collection of ideas drawn from many sources and, unlike pirates, she has carefully acknowledged and referenced all sources of her gems. She has also presented them in ways that offer many insights into the coaching process, plus plenty of practical suggestions for implementation. I couldn't hope to capture so much in a review, so the following is an account of the various chapters, with brief glimpses of the treasures therein, with the intention of persuading you to get a copy for yourself so you can explore the riches in more detail.--Julie HayCoaching Understood is a comprehensive, evidence based text that portrays coaching as the professional discipline that it deserves. This text was written with both the coach and client in mind. The author, Elaine Cox, has written a text that is long overdue; it will be a valuable resource for those researching coaching in an academic environment. The text has a theoretical feel, but is a valuable resource for practitioners. It's the kind of text you might read with a highlighter in one hand.--Lisa J. LucasThis book is a milestone

in the coaching literature. Elaine Cox provides an excellent text that is scholarly, practical and accessible. She offers clear insights into how coaching works so that coaching is truly understood! --Bob Garvey, Professor of Business Education

Now here is a solid piece of research that serves to demonstrate both how and indeed why coaching works. Elaine defines the core of our reflective working practise. She then backs up the potency of each intervention used with rigorous scientific research. I know coaching works, my clients feel it working and now I am now armed with some effective research to prove how and why this invaluable practise has such a deep and lasting impact. This is a serious piece of research that is also a very satisfying read. Thank you for taking the time to dispel the myths and evidence the coaching industry's success.'--Rebecca Hartnell

This book is a milestone in the coaching literature. Elaine Cox provides an excellent text that is scholarly, practical and accessible. She offers clear insights into how coaching works so that coaching is truly understood! --Bob Garvey, Professor of Business Education

Bridging the gap between academic research/theory and the world of the practitioner is arguably the greatest challenge facing the coaching profession. Elaine Cox accomplishes this feat in one of the most difficult topic areas in a highly readable and accessible, yet evidence-based volume.--Professor David Clutterbuck

This is a scholarly book about coaching that is refreshing in that it omits any reference to the GROW model and it does what it says on the back cover; i.e., it "takes a fresh approach to coaching skills and techniques by examining each element of the coaching process in detail in order to verify and justify its effectiveness." It is highly recommended to all coaches and it will be inspirational for those who come from an education (especially adult learning) background. --Simon Jenkins

This is a good resource to help learners to excel as leaders, and for anyone who wants to learn about the length and breadth of coaching. If you want to debunk several myths on coaching, read this book. If you are passionate about coaching, read this book more than once. It will change the way you think about coaching. (Professor M.S. Rao, Founder of the MSR Leadership Consultants, India)

This book is a treasure trove of useful information. nbsp; Cox has collated an amazing collection of ideas drawn from many sources and, unlike pirates, she has carefully acknowledged and referenced all sources of her gems. nbsp; She has also presented them in ways that offer many insights into the coaching process, plus plenty of practical suggestions for implementation. nbsp; I couldnrsquo;t hope to capture so much in a review, so the following is an account of the various chapters, with brief glimpses of the treasures therein, with the intention of persuading you to get a copy for yourself so you can explore the riches in more detail. (Julie Hay)

Coaching Understood is a comprehensive, evidence based text that portrays coaching as the professional discipline that it deserves. This text was written with both the coach and client in mind. The author, Elaine Cox, has written a text that is long overdue; it will be a valuable resource for those researching coaching in an academic environment. The text has a theoretical feel, but is a valuable resource for practitioners. Itsrsquo;s the kind of text you might read with a highlighter in one hand. (Lisa J. Lucas)

This is a scholarly book about coaching that is refreshing in that it omits any reference to the GROW model and it does what it says on the back cover; i.e., it "takes a fresh approach to coaching skills and techniques by examining each element of the coaching process in detail in order to verify and justify its effectiveness". It is highly recommended to all coaches and it will be inspirational for those who come from an education (especially adult learning) background. (Simon Jenkins)

This book is a milestone in the coaching literature. Elaine Cox provides an excellent text that is scholarly, practical and accessible. She offers clear insights into how coaching works so that coaching is truly understood! nbsp; (Bob Garvey, Professor of Business Education)

Bridging the gap between academic research/theory and the world of the practitioner is arguably the greatest challenge facing the coaching profession. Elaine Cox accomplishes this feat in one of the most difficult topic areas in a highly readable and accessible, yet evidence-based volume. (Professor David Clutterbuck)

prime; Now here is a solid piece of research that serves to demonstrate both how and indeed why coaching works. Elaine defines the core of our reflective working practise. She then backs up the potency of each intervention used with rigorous scientific research. I know coaching works, my clients feel it working and now I am now armed with some effective research to prove how and why this invaluable practise has such a deep and lasting impact. This is a serious piece of research that is also a very satisfying read. Thank you for taking the time to dispel the myths and evidence the coaching industryrsquo;s success.prime; (Rebecca Hartnell)

About the Author Elaine is a principal lecturer and the leader of programmes for the International Centre for Coaching and Leadership Development at Oxford Brookes University in the UK, where she also directs the Doctor of Coaching and Mentoring Programme and supervises doctoral students. She is an experienced researcher, author and editor and has recently co-edited the bestselling book, The Complete Handbook of Coaching, 2nd edition. Her other books with SAGE include Coaching Understood (2013) and she is also the founding editor of The International Journal of Evidence Based Coaching Mentoring.