

Cognitive Behavioural Coaching In Practice

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Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. Michael Neenan and Stephen Palmer bring together experts in the field to discuss topics including: procrastination stress performance self-esteem perfectionism goal selection socratic questioning. This highly practical book is illustrated throughout with lengthy coach-coachee dialogues that include a commentary of the aims of the coach during the session. It will be essential reading for both trainees and professional coaches whether or not they have a background in psychology. It will also be useful for therapists, counsellors and psychologists who want to use coaching in their everyday practice. Publisher: Routledge Illustration: N Language: ENG Title: Cognitive Behavioural Coaching in Practice Pages: 00272 (Encrypted EPUB) On Sale: 2011-11-30 SKU-13/ISBN: 9780415472623 Category: Psychology : Psychotherapy - Counseling Category: Psychology : Mental Health

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