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The Art of Coaching: A Handbook of Tips and Tools

Jenny Bird, Sarah Gornall

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The Art of Coaching is a book to shift thinking and open up new possibilities, to stimulate fresh insight, to adapt to your needs as a coach or manager and to use creatively in practice. Written by two experienced, highly qualified international coaches and supervisors, this creative book offers ideas to use across the range of coaching contexts including leadership, decision making, change and supervision.

Combining brand-new, original diagrams with classic models from the learning development and management fields, Jenny Bird and Sarah Gornall have a created a valuable resource for quick reference, instant accessibility and fast learning, built on a strong theoretical base. Each model in the book is explained with a clear, accessible diagram and a simple guide to what it is, how it works and how to put it into action. The text is full of inspiration for applications of the ideas in scenarios based on real coaching practice.

The Art of Coaching will be an invaluable companion for coaches looking for new ways of developing awareness with clients, coaching students and trainees, coach supervisors, learning and development professionals and those working in human resource departments.

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