



An Introduction to Coaching Skills: A Practical Guide

Christian van Nieuwerburgh

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An Introduction to Coaching Skills is an invaluable resource for novice and trainee coaches. Its accessible, step-by-step style acquaints you with the key skills needed to become a successful coach and, with its focus on the applied side of coaching, the book is an essential text for anyone starting out on their coaching voyage. From the 'how to', through to practicalities and challenges and honing existing skills, this book covers:

- Definitions of coaching
- How to become a coach
- Key coaching skills
- Current coaching models
- Practical tools and techniques
- Reflective practise and how best to help others

With evidence-based research, activities and suggestions for further reading, this is a clear and practical, all-you-need guide to becoming a coach.

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