

(Ebook pdf) First Steps in Coaching

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*Bob Thomson*

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# FIRST STEPS *in* COACHING

BOB THOMSON



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**Bob Thomson : First Steps in Coaching** before purchasing it in order to gauge whether or not it would be worth my time, and all praised First Steps in Coaching:

0 of 0 people found the following review helpful. One of the best coaching practice guidesBy debra sumnersVery helpful. One of the best coaching practice guides around

First Steps in Coaching is an essential guide for anyone starting out in the coaching profession and for existing coaches seeking to develop their craft. It is a practical introduction to the theory, skills and art of coaching. The book's structure follows the reader's progression from novice to professional coach, making it an indispensable companion every step of the way. Part one - Learning to Walk - sets out the basics of coaching and considers the key skills of listening, questioning and playing back. Part two - Learning to Run - explores a variety of practical and ethical issues, and looks at coaching as a line manager and coaching a team. Part three - Learning to Dance - examines more advanced topics such as the coach's use of their self and the nature of the coach-client relationship. The book:-Uses clear, uncomplicated language throughout-Explains key ideas through brief illustrations from the author's practice and

quotes from leading writers on coaching-Contains a wide selection of ideas, models and exercises to stimulate the reader's learning -Encourages students to try things out in conversation, and reflect upon and make sense of their experiencesFirst Steps in Coaching is a must-have book for anyone interested in coaching skilfully, ethically and effectively.

Reading Bob Thomson's First Steps in Coaching was a reassuring exercise, reminding me yet again that in the worlds of counselling/psychotherapy and coaching there is far more that connects us than separates us...First Steps in Coaching will give you a solid idea whether you think coaching is for you, give guidance to line managers or offer a reminder of coaching fundamentals for the more experienced practitioner. --Veronica Lysaght, BACP CoachingThere is nothing more useful than a well thought through book on coaching written by a thoughtful, reflective, experienced practitioner, teacher and author...This comprehensive and easy to read guide to the first (and second steps!) in coaching is I predict, destined to become a classic. Clearly laid out and signposted, it practices what it preaches in giving frequent and excellent exercises (some 53 in all) throughout the book. It is itself a coaching framework to enable both the new and experienced coach and the line manager to gain the awareness, responsibility and confidence to help themselves and others to grow and move forward.--Sean Murphy (02/13/2014) There is nothing more useful than a well thought through book on coaching written by a thoughtful, reflective, experienced practitioner, teacher and author...This comprehensive and easy to read guide to the first (and second steps!) in coaching is I predict, destined to become a classic. Clearly laid out and signposted, it practices what it preaches in giving frequent and excellent exercises (some 53 in all) throughout the book. It is itself a coaching framework to enable both the new and experienced coach and the line manager to gain the awareness, responsibility and confidence to help themselves and others to grow and move forward. (Sean Murphy 2014-02-13)Reading Bob Thomson's First Steps in Coaching was a reassuring exercise, reminding me yet again that in the worlds of counselling/psychotherapy and coaching there is far more that connects us than separates us...First Steps in Coaching will give you a solid idea whether you think coaching is for you, give guidance to line managers or offer a reminder of coaching fundamentals for the more experienced practitioner. (Veronica Lysaght, BACP Coaching)