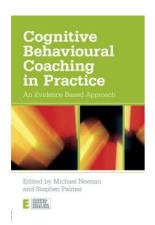
Find eBook

COGNITIVE BEHAVIOURAL COACHING IN PRACTICE: AN EVIDENCE BASED APPROACH



Routledge. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 7.6in. x 5.1in. x 0.9in.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 coachcoachee dialogues that include a commentary of the aims of the coach during the session. It will be...

Download PDF Cognitive Behavioural Coaching in Practice: An Evidence Based Approach

- · Authored by -
- · Released at -



Filesize: 8.68 MB

Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- Rhiannon Steuber

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- Tyshawn Brekke

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- Kevin Bergstrom Sr.