



The Handbook of Coaching: A Comprehensive Resource Guide for Managers, Executives, Consultants, and Human Resource Professionals

By Frederic M. Hudson Ph.D., Frederic M. Hudson

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The Handbook of Coaching is the first resource to offer a compendium of basic information about the burgeoning field of adult coaching--the art of guiding individuals and organizations to function at their most effective and creative levels. Written for experienced and aspiring coaches, as well as for executives and human resource professionals interested in this rapidly growing profession, the Handbook describes the essential underpinnings of successful coaching and includes a comprehensive, annotated list of books, articles, and other resources. The Handbook of Coaching is sure to become a classic in the field.

"A coach needs to be able to touch people with new possibilities and bring wisdom, compassion, and humor to the issues and problems they face. The Handbook of Coaching provides a treasure trove of learning resources that you will be able to practically and immediately apply to a wide variety of personal and professional situations."

--Robert Hargrove, author of Masterful Coaching and founder of R. Hargrove Consulting

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Editorial Review

Review

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"Frederic Hudson is one of America's leading authorities on coaching. He not only brings us his wise insights on coaching, but he also provides a clear, practical guide book to get anyone going on their evolutionary path." (Richard J. Leider, author of *The Power of Purpose and Repacking Your Bags*)

"The Handbook of Coaching is an amazing compendium that shows how coaches can enrich our lives and institutions. Anything you want to know about the field is addressed here. Every professional will want to have a copy, not only to access the coaching field, but also to learn and practice the essential principles of coaching so beautifully described here." (Bev Kaye, author of *Up Is Not the Only Way* and coauthor of *Love 'Em or Lose 'Em: Getting Good People to Stay*)

From the Inside Flap

Long recognized as a key ingredient for success, professional coaching is a fundamental element to any winning game plan. In the world of business, just as in the world of sport, a skilled coach can instill a sense of optimism and hope, giving adults the tools they need to evolve and to perform at higher levels—and to become more competent on the job and fulfilled in their personal lives. The Handbook of Coaching offers working and aspiring coaches a complete guide to the rapidly emerging field of professional adult coaching, and a comprehensive resource for helping professionals develop winning traits in the business and personal arenas. In *The Handbook of Coaching*, renowned consultant, trainer, and coach Frederic Hudson presents an introduction to professional coaching competencies by identifying the critical knowledge areas, skills, and techniques required and summarizing the major coaching theories from experts in the field. Hudson reveals how professional coaches challenge their clients, no matter what their age, to stay centered in their sense of purpose—producing remarkable results such as a renewal of spirit, enhanced resilience, improved performance, and honed leadership and collaboration abilities. Written for coaches at all levels of experience, human resource professionals, executives, and anyone interested in coaching, *The Handbook of Coaching* offers a complete compendium for building, developing, and strengthening the skills needed to transform organizations and empower new leaders. *The Essential Resource for Learning the Key Theories, Skills, and Techniques of Adult Coaching*. *The Handbook of Coaching* is the first resource to offer a compendium of basic information about the burgeoning field of adult coaching—the art of guiding individuals and organizations to function at their most effective and creative levels. Written for experienced and aspiring coaches, as well as for executives and human resource professionals interested in this

From the Back Cover

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The book *The Handbook of Coaching: A Comprehensive Resource Guide for Managers, Executives, Consultants, and Human Resource Professionals* make one feel enjoy for your spare time. You need to use to make your capable far more increase. Book can to become your best friend when you getting tension or

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Tim Walton:

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Beverly Sands:

Reading can called imagination hangout, why? Because when you find yourself reading a book specifically book entitled The Handbook of Coaching: A Comprehensive Resource Guide for Managers, Executives, Consultants, and Human Resource Professionals your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely might be your mind friends. Imaging every word written in a publication then become one form conclusion and explanation in which maybe you never get just before. The The Handbook of Coaching: A Comprehensive Resource Guide for Managers, Executives, Consultants, and Human Resource Professionals giving you another experience more than blown away your mind but also giving you useful information for your better life on this era. So now let us show you the relaxing pattern here is your body and mind is going to be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary spending spare time activity?

David Fulton:

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