



# **Solution Focused Coaching in Practice (Essential Coaching Skills and Knowledge)**

*Bill O'Connell, Stephen Palmer, Helen Williams*

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*Solution Focused Coaching in Practice* is a practical 'how-to' guide that provides an invaluable overview of Solution Focused Coaching skills and techniques.

Reflecting upon published research on the solution focused approach, Bill O'Connell, Stephen Palmer and Helen Williams bring their own experiences of Solution Focused Coaching together with others in the field to cover topics such as:

- the coach-coachee relationship
- the role of technology in coaching
- inclusive coaching
- group and team coaching
- practical issues and skills.

Incorporating coachee case studies, worksheets, practice tips and discussion points, the skills, strategies and techniques in this book are straightforward to apply and can be used in most coaching settings. This practical book is essential reading for experienced personal or executive coaches, managers considering introducing a new and better coaching culture for their staff, and for those just starting out on their coaching journey.



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