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**PERSONAL COACHING**

# Personal Coaching

**SNEHASISH DUTTA**



## **Personal Coaching:**

**Personal Coaching** Kaye Thorne, 2001 How to use successful one to one executive coaching techniques at ALL levels in an organization Includes case studies and practical examples Personal coaching where trainers work on a one to one basis with employees to develop skills is a growing trend in many organizations Kaye Thorne applies her accessible style and practical approach to the latest training technique Developed from skills used by trainers to train senior managers and executives where one to one coaching is often the norm the author shows how the same techniques can transform the effectiveness of staff development at all levels An ideal tool to assist the current training trend for individual tailored self development the correct use of personal coaching will help organizations to achieve their developmental goals while helping staff in the pursuit of personal development Packed with practical advice case studies and providing a structured route to successful implementation in organizations of all sizes this book provides the essential handbook for the training of the future

*Personal Coaching* Miguel D'Addario, 2017-12-17 Personal Coaching is the art of facilitating people's potential development to reach possible goals and changes the Being and Doing In this process the coach helps people to clarify their goals whether personal professional affective etc and to find a way to accomplish them The Coach is a professional skilled on certain techniques and has communication skills and attitudes that make them skilled to perform his trainer role It is a mutual relationship that comes along with you to solve your problems and act with more effectiveness The Coach works upon questions and dialogs which added to the observation of behaviors emotions and gestures of a person which give him information to detect the obstacles that make her slower The Coach helps you to discover your potentialities and to use them in concrete actions He works focusing on short term goals by using powerful questions to discriminate your interpretation of the facts and changing your point of view so as to take action in a proactive way [Personal Coaching Diary 2013](#) Daphna Katz, 2013

**Personal Coaching Diary - Create the Most Meaningful Year of Your Life** Daphna Katz, 2011-08-07 At the age of 37 successful businesswoman and mother of three Daphna Katz found herself at a crossroad Her journey through self discovery and life coaching led to the creation of The Personal Coaching Diary a unique and effective tool to help the reader take responsibility for his her life The diary is a year long program featuring one chapter per month with exercises and meditations that invite you to analyze your inner dialogue and viewpoints examine your habits and thinking and discover a new range of options and perspectives that will lay the foundation for a better life Define your goals set your targets and create a year long personal coaching program while benefiting from powerful insights in the areas of conscience dedication initiative and choice leadership communication and relationships embracing challenge relaxation and letting go and becoming the person you want to be *Life Coaching Skills* Richard Nelson-Jones, 2006-12-04 Life Coaching Skills by Dr Richard Nelson Jones is an excellent introduction to this rapidly expanding field of work I can thoroughly recommend this book for both experienced and neophyte coaches Practitioners from other professions and the layperson may also find the

skills useful Professor Stephen Palmer Coaching Psychology Unit City University This book provides a wealth of information and expertise founded on tried and tested interventions and cannot fail to improve the skill level of existing coaches as well as those entering the Life Coaching arena Gladeana McMahon Head of Coaching Fairplace plc Co Director Centre for Coaching Life coaching is a rapidly growing area with more and more people seeking help to lead satisfying and successful lives Life Coaching Skills provides a practical introduction to the skills needed to be an effective life coach and incorporates a wide range of practical activities for coaches to use to help their clients develop self coaching skills Written by leading skills expert Richard Nelson Jones the book presents a four stage life coaching model based around the core concepts of relating understanding changing and client self coaching It explores the central skills of coaching used within the model including establishing the coaching relationship assessment and goal setting presentation demonstration and consolidation The main focus of the book is on one to one life coaching particularly concerning relationship work and health issues The specific skills needed for working with groups are also discussed and ethical issues and dilemmas related to coaching are explored Life Coaching Skills is ideal for anyone interested in becoming a life coach and for use in training Executive Coaching Len Sperry, 2004 First Published in 2005 Routledge is an imprint of Taylor Francis an informa company Coaching and Supervising Through Bereavement Julia Menaul, Maggie João, 2022-10-17 This book presents a pragmatic guide for coaches and supervisors working with grief and bereavement providing both useful case studies and practical techniques to aid professionals in embracing the complexity of working with these topics in a coaching context Coaching and Supervising Through Bereavement clearly delineates the boundary between bereavement issues requiring specialist counselling and normal bereavement topics within coaching It addresses how to coach clients through all different forms of bereavement not just through death but also other losses such as job loss and relationship loss and enables coaches to shine a light on their own bereavement journeys for the benefits of themselves and their clients The authors also offer a guide for coaching supervisors to aid the ethical and emotional support required for their own supervisees and themselves This book debunks the myth that bereavement should not be discussed in coaching and so will be a valuable resource for any practicing coach or supervisor of all levels of experience or expertise Training and Development Methods Rishipal, 2011 Introduction To Training And Development Human Resource Development And Career Planning Training Need Identification Learning Strategic Training And Development Organising The Training Function Training Programme Design Training Climate Training Methodology Training Methodology Training Methodology Transfer Of Training Training Aids Training Evaluation Employee Obsolescence And Training Training Perspectives And Trends Life Coaching Raymond Haddaway, To make any meaningful changes in your life you must first recognize that something needs to be altered This realization often comes after encountering problems in various aspects of life Common areas where people seek change include Self image and confidence where simple encouragement and affirmations can play a role Relationships including marriages or partnerships which may

benefit from guidance Career where many people overlook the importance of asking for a raise As one individual noted If you don t ask for a raise each year and demonstrate why you deserve it they won t take you seriously You might as well quit then Work life balance as managing time effectively in today s busy world is a frequent struggle Health given the complexity of modern diets Parenting as understanding how to manage children effectively can be challenging especially when trying to break patterns from one s own upbringing Stress as balancing various aspects of life can lead to frequent disappointments and frustration Unhealthy routines such as smoking excessive drinking or other addictive habits including sugar pornography gaming gambling and social media Debt and finances where managing money can be a significant burden

*CHRISTIAN LIFE COACHING* Kit H. Lui, 2024-01-15 Thank you for taking the time to read this book This book Christian Life Coaching The Intersection of Faith Psychology and Life Coaching and Overcoming ADHD and OCD has been a labor of love for me It represents my metaphorical personal journey of overcoming my mental disabilities by integrating Christianity psychology and life coaching as holistic resources It was an exploration of intellectual curiosity spiritual faith and desire to unify these three areas of knowledge for practical use for Christians For much too long these three areas of expertise developed separately and it took recent academia to explore these themes as an interdisciplinary approach This book is for Christians and non Christians to use as a guide explanation and practical tool to overcome ADHD and OCD specifically and generally to achieve personal transformation and growth as humans living our time in this world as material beings Hopefully the discussion will be persuasive for both Christians and the secular world of cognitive behavioral psychology I am not an expert in Christian theology nor in pastoral counseling nor a clinical psychologist nor a professional psychiatrist What I know is what happened to me on my personal journey to overcome ADHD and OCD I was seeking intellectual justification for what worked for me I hope this will be useful for the reader of my book However this theory or life coaching practice has not been tested scientifically nor in any quantifiable experiments We leave this task for further research I am a practicing lawyer with over 25 years of experience in private law practice in Canada and as in house legal counsel for Hong Kong companies I am a Christian and have been since 2011 My interest slowly moved in the direction of life coaching as an outlet for my frustrations as a lawyer We tend to give legal and business advice in a rational manner However I saw that myself clients and corporate stakeholders that I dealt with needed something special and not necessarily legal solutions for their business and personal problems This solution is related to their holistic personalities which became clearly visible under stress and personal conflict I knew that lawyers by training were not equipped nor should they be with life coaching tools from a Christian perspective Thus I thought the answer would be to categorize it as a new discipline or profession called Christian Life Coaching In my exploration and pursuit of writing this book I can across the idea of using Artificial Intelligence AI to research and seek answers to our questions on Christian life coaching and how AI can be used as a tool to assist clients I started to use the POE app readily available in app stores to assist in the writing of this book Much of the content is taken from my KitlulifeBot on

POE I created this Bot from the perspective of a Christian life coach reflecting some of the principles described in this book Please feel free to explore on your own In fact the attached Appendices are a product of such questions directed to KitLuiLifeBot and is useful for common questions to ask a Christian life coach I hope this book will transform your life make you a stronger Christian and help you to deal with bad habits learned in your past This is a lot to expect so be patient and I hope the journey is worth the effort I know this book has helped me my colleagues Christian brothers secular friends and clients As a Christian life coach I have observed that the intersection of faith psychology and life coaching holds immense potential for transformation and healing Through the combination of these three elements individuals can experience holistic growth and align their lives with God s purpose Firstly it is crucial to acknowledge that Christian life coaching is not limited to a denominational categorization but encompasses all those who profess their faith in God Jesus and the Holy Spirit This inclusive approach allows for a diverse range of individuals to benefit from the guidance and support offered by a Christian life coach One of the key aspects emphasized in Christian life coaching is the centrality of God By making God the focus of coaching individuals are guided towards aligning their lives with His will and experiencing His transformative power This approach acknowledges that human goals dreams aspirations and gifts often come from God and can be aligned with His purpose Moreover Christian life coaching recognizes the importance of integrating psychological insights with biblical teachings This integration allows individuals to gain a deeper understanding of themselves navigate their emotions and develop effective coping mechanisms By critically evaluating and integrating psychological approaches with biblical principles individuals can find healing and transformation Creating a safe and non judgmental space is also essential in Christian life coaching By actively listening empathizing and offering support based on both psychological insights and biblical principles life coaches can facilitate individuals inner exploration and healing journey Encouraging clients to rely on the power of prayer seek solace in scripture and incorporate spiritual practices further enhances their healing process As Christian life coaches we strive to model authenticity and transparency in our own faith journey Sharing our personal experiences of relying on God s guidance and seeking His healing can inspire and encourage clients to deepen their own faith and trust in God In conclusion Christian life coaching at the intersection of faith psychology and life coaching offers a transformative and holistic approach to personal growth By integrating psychological insights with biblical principles relying on prayer and scripture and creating a safe space for individuals to explore their inner struggles Christian life coaches guide clients towards true healing and transformation This unique combination enables individuals to align their lives with God s purpose and experience the abundant life He desires for them Also I would like to briefly describe what this book does not do for the general reader Mostly this is the author s personal narrative and journey of overcoming mental disabilities through the integration of Christianity psychology and life coaching Hopefully my experiences and insights will help others on their own transformational paths The purpose of this book is not to provide scientific evidence and research to support the

theories and practices discussed in the book We will leave this task to others who are more capable than me in this area of expertise 13

**Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals (Revised and Expanded)** Patrick Williams, Deborah C. Davis, 2007-10-17 An expanded up to date revision of the leading introductory resource for therapists turned coaches Every chapter in this second edition has been revised reflecting the growth of the coaching field and its increasing appeal to therapists and all helping professionals New material includes an overview of recent coaching developments updated liability concerns new business opportunities and a new section on the research about coaching

*Life Coaching For Dummies* Jeni Purdie, 2010-07-20 Become a life coach for yourself and others with this practical informative guide If you re interested in doing away with negative beliefs making a significant change in your life and finally create and live the life you want life coaching is the key In this practical introduction you will learn the empowering techniques essential to life coaching including putting together an action plan getting your priorities straight staying focused defining true success overcoming common obstacles and coaching yourself to happiness With more information than ever before this new updated edition includes material on emotional intelligence and active listening With insights on what to expect from life coaching and how to develop your own life coaching techniques the book offers sound advice on what it takes to become a professional life coach If you simply want to create more balance in your life become more productive and enjoy a more fulfilling existence Life Coaching For Dummies holds the answer

**Essential Life Coaching Skills** Angela Dunbar, 2009-09-10 Essential Life Coaching Skills provides a comprehensive guide to the complete range and depth of skills required to succeed as a life coach Angela Dunbar uses theoretical background alongside practical examples to provide a clear understanding of what makes a successful life coach This book focuses on seven essential skill sets that are necessary for effective life coaching with each chapter giving specific examples of how these skills are used in life coaching and how they can be developed and improved The book also includes a comprehensive current overview of life coaching processes practices and issues from both the coach and client perspectives Essential Life Coaching Skills will be ideal reading for new and existing life coaches who wish to find ways to enhance their competence and ability It will also be of use to therapists and counsellors looking to expand into coaching

**The Most Powerful Techniques To Hypnotize Your Lover** Dean Amory, 2014-11-30 Yes you too can learn and practice hypnosis You can use it to hypnotize your lover friends and even strangers and this practical guide on hypnosis will explain you in a comprehensive way how to learn this powerful skill As the techniques set forth here lead to real in depth hypnosis the book is less recommended for performing stage hypnosis Included in this guide are the structure of the hypnosis proces ready to use word for word induction and deepening scripts practical approach to suggestions anchoring and post hypnotic suggestions detailed examples of hypnotic language pattern etc Hypnosis is a skill which means that reading about it is only just the beginning putting the techniques into practice is the necessary next step to get true results The description of the techniques is therefore conceived in such a

way that you can easily create your own flash cards to guide you through this wonderful experience Why wait any longer Start this wonderful new adventure today **The Power of Life Coaching Volume 2** Barbara Wainwright, 2018-06-13 Wainwright Global Institute of Professional Coaching collaborated with 15 of their Certified Professional Coaches to create the Power of Life Coaching the seminal book for individuals who are curious about coaching and what the experience of coaching can do for them Each author shares their diverse life changing experiences that describe the powerful transformation that naturally unfolds during the coaching process both for themselves and for their clients You will learn about the different genres of coaching how coaching will bring to light your inner most goals dreams and desires so you can easily expand your awareness of your life purpose now Therapist as Life Coach Patrick Williams, Deborah C. Davis, 2002 At last a book for mental health professionals considering a transition into the new and dynamic field of life coaching Therapist as Life Coach explores life coaching as a profession examines the relationship between life coaching and therapy and details the variety of options for professionals considering either a transition into coaching or expanding their practices to include coaching This book is one stop shopping for the therapist wishing to explore the coaching field Chapters include The History and Evolution of Life Coaching Therapy and Coaching Distinctions and Similarities Getting Started as a Life Coach The Basic Life Coaching Model Developing and Marketing Your Life Coaching Practice Self Care for Life Coaches Total Life Coaching Lloyd J. Thomas, Patrick Williams, 2011-03-28 Total Life Coaching by Pat and Lloyd is more than just a book It is an interactive experience in which you will find recipes for living your life more authentically as well as master time honored lessons that you can bring to your coaching clients Regardless of the personal coaching techniques or skills you may have learned you may still not be the most effective coach you can become This book will help you move closer to that goal Life coaching is more than a collection of techniques and skills It is more than something you do Life coaching reflects who you are it is your authentic being in action Readers of Pat Williams s and Deborah Davis s book Therapist as Life Coach know Pat to be a gifted life coach and passionate teacher Here Pat and colleague and writer Lloyd J Thomas build on this earlier book and share a unique insight into the coaching process which shows you precisely how to enhance your professional practices through practical and effective life coaching It also empowers you to change your own lives through use of the practical information and philosophy presented here Total Life Coaching is organized into a series of 50 life lessons and is designed to be either read cover to cover or dipped into as needed for assistance when conducting a coaching session Keeping life s processes on the message and lesson level makes living and life coaching much easier and more enjoyable Total Life Coaching guides you step by step through the complex process of learning and coaching these fifty important lessons The lessons are organized into 8 sections Creating a Personal Identity Coaching Spirituality and Life Purpose Coaching Communication Skills Living Life with Integrity Success Clients Achieving their Potential Coaching Cognitive Skills Creating High Quality Relationships Understanding Your Past to Create a Desired Future Each lesson is presented as a

structured recipe and includes The life lesson The messages contained within the lesson Coaching objectives for your clients regarding the lesson What you need to know about the lesson to provide the framework for coaching it Coaching methods exercises questions and language for bringing each lesson to your clients Sample coaching conversations that exemplify the coach client dialogue for the coaching of the lesson

**Life Coaching For Dummies** Jeni Mumford, 2009-09-11 Trusted advice on finding a coach and getting more out of life Life coaching is a popular though unregulated personal development tool This no nonsense guide debunks the myths behind life coaching and gives expert advice on incorporating it into daily life Whether readers want to self coach or work with a professional this savvy resource provides essential tips on getting priorities straight being more productive and achieving goals Jeni Mumford London UK is a qualified personal life coach and an accredited NLP practitioner

**The Life Coaching Handbook** Curly Martin, 2001-07-30 This complete guide to life coaching reveals what life coaching IS how to coach yourself and others effectively and how to create and sustain a successful coaching practice Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches and a key sourcebook for NLP practitioners human resources managers training professionals counsellors and the curious Curly Martin is a professional life coach author trainer and internationally qualified NLP Master Practitioner Coaching for more than twenty years her clients include celebrities CEOs directors and doctors

**DISCOVERIES WITH COACHING EXECUTIVE AND LIFE COACHING** SNEHASISH DUTTA, 2021-11-29 Discoveries with Coaching is a detailed practical approach for inspiring transformation in leaders and individuals through Coaching Coaching is an effective result oriented process that unravels the hidden potential of an individual finds the goal with much better clarity defines a road map and works on a journey of transformation towards success Highly recommended for all professionals individuals success hunters and result seekers The book details process tools and techniques which can be adopted

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