
THE COACH'S CASEBOOK

MASTERING THE
TWELVE TRAITS
THAT TRAP US

GEOFF WATTS AND KIM MORGAN
WITH A FOREWORD BY JULIE STARR

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The Coachs Casebook Mastering The Twelve Traits That Trap Us

Geoff Watts



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The Coach's Casebook Geoff Watts, Kim Morgan, Greg Dyke, 2015-02-10 Our strengths can become our weaknesses Our traits and habitual behaviours can become traps In each chapter of The Coach's Casebook the reader follows a skilled coach working with a client who is struggling with one of the twelve traits which every coach will face in their coaching work traits such as people pleasing perfectionism impostor syndrome performance anxiety and procrastination The coach shares their emotions their thought processes and their reflections as they try to understand the psychological origins of these behaviours and to work out how to help their client The Coach's Casebook includes inspirational insights from individuals who have triumphed over such traits and have succeeded in all walks of life figures such as Alec Stewart and Lewis Moody from the world of sport Greg Dyke from the world of business and Arctic explorer Pen Hadow This book is above all designed to help you in your work as a coach It gives you practical tried and tested techniques which you can use today to help your clients to change the habits of a lifetime

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The Coach's Survival Guide Kim Morgan, 2019-07-15 Written by award winning coach Kim Morgan this book is aimed at new coaches working in a freelance or self employed role It is also a valuable resource for anyone involved in coaching including trainers of coaches The Coach's Survival Guide is an easy to use accessible book grounded in practice and experience and including case studies drawn from real life practice It is rooted in the real world normalizing the insecurities felt by many coaches and acknowledging the realities of building a coaching business while addressing the everyday issues that can hinder a coach's performance or confidence Kim covers issues such as Dealing with Impostor Syndrome Establishing credibility Contracting and boundaries Coaching dilemmas Building your coaching business Self care for coaches This new book is intended to be a survival guide so that coaches can access instant support for dilemmas that occur in their coaching practice Reading this book was like spending time with a close friend a combination of warmth wit and illumination Professor Damian Hughes Professor of Organisational Psychology and Change This book is an essential companion to anyone setting out as a professional coach It provides knowledge expertise and

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Speed Coaching Qaiser Abbas,2024-01-09 You don't have to be a certified coach to benefit from proven coaching tools and principles Speed Coaching is written to help leaders make the best of what coaching offers the dialogue tools and mindset to think like a coach listen like a coach talk like a coach and act like a coach The book will help you learn how to spot and take advantage of daily opportunities to engage your teams in quick focused and meaningful coaching conversations leveraging those interactions to transform themselves their teams and their organizations Instead of making coaching a structured rigorous process offered to only a few key executives at the top Speed Coaching aims to introduce coaching as an exchange of ideas and dialogues between employees and managers at all levels that is positive motivating and forward looking Speed Coaching is intended to help leaders take advantage of the quick often taken for granted conversations with their employees on a daily basis It allows leaders to coach on the fly whenever the opportunity arises taking a sip of the coaching process that is spontaneous improvised and powerful

Neuroscience for Coaches Amy Brann,2017-09-03 Many coaching tools and techniques are now fairly well established but how do they actually work Answer this questions and start delivering greater value to clients Based on over twelve years of research this book provides a clear explanation of the aspects of neuroscience that are relevant to coaching so you can describe to clients from a neuroscientific perspective why particular techniques and methods work and the benefits to them This fully updated 2nd edition of Neuroscience for Coaches includes new interviews with Marshall Goldsmith Susan Grandfield Christian van Nieuwerburgh and Kim Morgan along with new material on oxytocin goals and mindfulness It covers the latest neuroscientific research and crucially the ways in which coaches can use this information effectively and practically in their everyday work Neuroscience for Coaches is a vital resource for keeping up to date with recent scientific developments tools and techniques in coaching

The Confidence Solution Chloe Brotheridge,2021-01-21 Become more confident in 2023 with this essential guide from the bestselling author of The Anxiety Solution renowned hypnotherapist and host of The Calmer You podcast Chloe Brotheridge Rebuild your self esteem with this simple practical guide to beating anxiety and being brave GRAZIA The only way to improve our confidence in any area of life is by pushing through our comfort zone This straightforward guide will show you how Evening Standard Books to Read for Better Mental Health It's time to be the most confident version of yourself _____ Confidence is not something we either have or don't have it can be built and this straightforward guide will show you how Renowned clinical hypnotherapist and anxiety expert Chloe Brotheridge has helped

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Remarkable pioneering could change your life Daily Mail Previously published as Brave New Girl **The Coaches'**

Handbook Jonathan Passmore,2020-10-13 This comprehensive practitioner guide provides an accessible evidenced based approach aimed at those new to coaching and who may be undertaking coach training for a certificate in coaching or professional credentials or accreditation with the AC ICF EMCC CMI or ILM The book will also be useful for those who want to enhance their coaching skills The Coaches Handbook is edited by Jonathan Passmore an internationally respected expert and executive coach with chapters from leading coaching practitioners from across the world The book is divided into seven sections Section one examines the nature of coaching its boundaries the business case for coaching and how organisations can build a coaching culture Section two focuses on deepening our self understanding and understanding our clients the non violent communications mindset and the coaching relationship Section three focuses on the key skills needed for coaching including goal setting powerful questions active listening using direct communications and the role of silence emotions and challenge in coaching Section four offers a range of coaching approaches including behavioural person centred solution focused psychodynamic neuroscience narrative positive psychology out door eco coaching team coaching careers coaching and integrated coaching Section five focuses on fundamental issues in coaching such as ethics and contracting and evaluation Section six explores continuous professional development reflection and the role of supervision as well as how to establish your coaching business The final section contains a host of coaching tools which practitioners can use to broaden their practice Unique in its scope this key text will be essential reading for coaches academics and students of coaching It is an important text for anyone seeking to understand the best practice approaches that can be applied to their coaching practice including human resources learning and development and management professionals and executives in a coaching role Brave New Girl Chloe Brotheridge,2019-05-02 Harness your inner strength confidence and stability with the essential guide from renowned hypnotherapist host of The Calmer You podcast and bestselling author of The Anxiety Solution It s time to be the happiest most confident and content version of yourself The only way to improve our confidence in any area of life is by pushing through our comfort zone This straightforward guide will show you how Evening Standard Books to Read for Better Mental Health _____ Confidence is not something we either have or don t have it can be built and this straightforward guide will show you how Renowned clinical hypnotherapist and anxiety expert Chloe Brotheridge has helped hundreds of clients with anxiety and low self confidence and in this book will use her own stories scientific research and the

experiences of other women to show you how to Feel more confident Spend less time worrying and people pleasing Build self belief Reach your full potential Assertively set boundaries for a happier healthier you Brave New Girl reveals how everyone can follow their path to confidence A straightforward guide she uses her own stories scientific research and the experiences of other women to show her readers how to feel more confident Stylist As seen in The Guardian Mirror and Daily Express Praise for The Anxiety Solution Remarkable pioneering could change your life Daily Mail *101 Coaching Supervision Techniques, Approaches, Enquiries and Experiments* Michelle Lucas, 2020-04-17 This book locates 101 practical coaching supervision techniques in their theoretical context It is organised into ten chapters each reflecting a different philosophical basis for the coaching supervision work Existential Gestalt Person Centred Positive Psychology Psychodynamic Solution Focused Systemic Thinking Environment Transpersonal and finally an Eclectic chapter With contributions and insights from leaders in the field this book outlines the different philosophies and their principles and explains their application in practice The book will help readers determine which technique to use and when as well as offering a step by step guide to implementing or adapting it for their own work With a breadth of techniques the book will help all supervisors broaden their repertoire and ultimately become a better practitioner Accessible and practical this book is a valuable resource for experienced and novice supervisors as well as their supervisees It will inspire them to keep their supervision and coaching practices both current and fresh offering a diverse range of techniques to experiment with Product Mastery Geoff Watts, 2021-09 Scrum is the most successful framework for agile product development and much has been written about how to follow the Scrum process but the key to success is in the leadership skills of the product owner Product Mastery explores the traits of the best product owners offering an insight into the difference between good and great product ownership and explaining how the best product owners are DRIVEN to be successful In a follow up to the hugely successful Scrum Mastery Geoff Watts shares more enlightening case studies on how to be Decisive with incomplete information Ruthless about maximizing value and minimizing risk Informed about your product s domain Versatile in your leadership style Empowering of project stakeholders Negotiable while you pursue your vision This is essential reading for anyone involved in an agile product development effort Geoff Watts has been a thought leader in the agile development space for many years and his books training and coaching have helped thousands of teams across the world deliver better products more effectively Geoff is the author of Scrum Mastery From Good to Great Servant Leadership and The Coach s Casebook Mastering The Twelve Traits That Trap Us a winner of the 2016 International Book Awards Product Mastery is a great book to read if you want to understand how a great Product Owner works Whether you are hiring a Product Owner or want to be a great Product Owner the insights that Geoff Watts shares in this book should be your guide Jeff Sutherland Co Creator of Scrum and author of Scrum The Art of Doing Twice The Work in Half the Time Geoff has done a great job at distilling the soft skills product owners need to succeed His new book is packed with practical advice to advance your skills and become a truly great product owner

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The Coachs Casebook Mastering The Twelve Traits That Trap Us Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**The Coachs Casebook Mastering The Twelve Traits That Trap Us**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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