



Cognitive Behavioural Coaching in Practice: An Evidence Based Approach (Essential Coaching Skills and Knowledge)

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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 coach–coachee dialogues that include a commentary of the aims of the coach during the session. It will be essential reading for both trainees and professional coaches whether or not they have a background in psychology. It will also be useful for therapists, counsellors and psychologists who want to use coaching in their everyday practice.

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