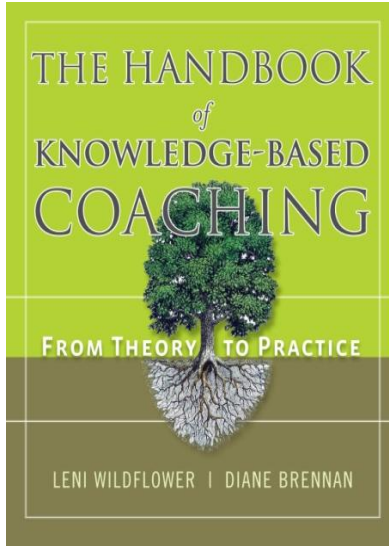


# The Handbook of Knowledge-Based Coaching: FROM THEORY TO PRACTICE

Carol Wilson: Solution-focused coaching and the GROW model



Editors and contributing authors Leni Wildflower, PhD, PCC and Diane Brennan, MBA, MCC are leading consultants, educators and coach practitioners.

Contributing author, Carol Wilson, designs and delivers programmes to create coaching cultures for organisations. She is a member of the Global Advisory Panel to the Association for Coaching and is a cross-cultural specialist, having worked with multi-cultural groups all over the world.



[www.performancecoachtraining.com](http://www.performancecoachtraining.com)

*From the Preface:* As coaches we have responsibilities: to master the skills of our trade, to work on the issues in ourselves that might obstruct or distort our dealings with clients, to be ethical, to acknowledge limitations and recognize boundaries, to justify the trust clients put in us. We also have a responsibility to understand the intellectual underpinnings of our fledgling profession.

Some of us have an instinctive ability to draw people toward greater insight; some of us have to work at it. But we all need to understand what we do when we coach, to recognize that coaching has not sprung fully formed from the protocols of our coaching schools or the minds of individuals, however dynamic and innovative, but has grown from a rich tilth of wisdom and study.

Some of this knowledge is the direct history of coaching. Much of it could be thought of as coaching's prehistory—ideas developed in entirely independent fields before coaching in its modern sense was conceived of. But far from dry or dutiful, these explorations have the power to continually reignite our sense of coaching as a living practice.

In each of the chapters that follow there is a progression from theory to application, studying first a model or a set of findings in the context of a particular discipline and then identifying the implications for the practicing coach. There is a mind-opening diversity in this, but also a striking unanimity. Coaching may derive from the confluence of many rivers, but it flows with its own powerful current.

# The Handbook of Knowledge-Based Coaching: FROM THEORY TO PRACTICE

Published by Jossey-Bass, an imprint of John Wiley

## SECTIONS

Human Behavior and Coaching  
Human Interaction and Coaching  
Organizations, Leadership and Coaching  
Traditions from Self-Help, Personal Growth and Spirituality  
Coaching Specific Populations  
Creative Applications  
Components of Effective Coaching  
*Afterword by Jenny Rogers*

## CONTRIBUTING AUTHORS

Janet Baldwin Anderson, PhD    Jacqueline Binkert, PhD  
Diane Brennan, MBA, MCC    Katrina Burrus, PhD, MCC  
Mary Ann Burke, PhD    Mary Wayne Bush, EdD  
Francine Campone, EdD, MCC    Dian Christian, MBA, MSOD, PCC  
Ann L Clancy, PhD    David Clutterbuck  
Connie Corley, MSW, PhD    David B Drake, PhD  
Sherry Harsch-Porter, BSBA, MA    Laura Hauser, MA, PCC  
Kate Hefferon, PhD    Tony Latimer, MCC  
John Leary-Joyce, MA    David Megginson, PhD  
Ed Modell, JD, PCC    Mary M Nash, PhD, PCC  
Cinnie Noble, LLM, ACC, CMed    Kathy Norwood, Med, PCC  
Linda J Page, PhD    Jonathan Passmore, PhD  
Jenny Rogers    Katrina Rogers, PhD  
Jennifer Sellers, PCC    Irene F Stein, PhD  
Reinhard Stelter, PhD    Karen Tweedie, PCC  
Chloé Tong, MSc    Terrie Lupberger, MCC  
Leni Wildflower, PhD, PCC    Carol Wilson  
Alison Whybrow, PhD

**“Anyone who is serious about improving the quality of coaching will find *The Handbook* an invaluable resource that reflects the breadth and richness of the growing evidence-based approach to coaching practice.”**

David Clutterbuck, visiting professor, Oxford Brooks and Sheffield Hailam Universities

Available at Amazon and wherever books and ebooks are sold

[leniwildflower@gmail.com](mailto:leniwildflower@gmail.com) [diane@coachdiane.com](mailto:diane@coachdiane.com) [carolwilson@performancecoachtraining.com](mailto:carolwilson@performancecoachtraining.com)