

# Introduction

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We hope you find this book a useful addition to your bookcase. By bringing together the expertise of a number of experienced coaches, this book aims to provide you with additional strategies and exercises to add to your coaching toolkit. We hope you will find that this is the type of book you can refer back to time and time again.

## **What this book is and what it is not**

This book is meant to be a resource that provides a variety of exercises, techniques and strategies that have proven helpful to the coaches who have contributed them. They are used by the contributors in their day-to-day coaching work with individuals, teams and organizations. You will see that many of the exercises have been adapted by the coaches concerned from exercises and strategies from the world of psychology, business and education.

This book is not meant to be an academic book; it does not seek to provide the reader with the latest research or go into detailed academic depth on any given topic. Nor does it aim to provide a definitive list of strategies or be a book about coaching theory, models or skills.

The aim of this book is to provide readers with a resource that can be dipped in and out of when seeking to add additional practical strategies to an existing coaching toolkit.

## **How is the book organized?**

The book is organized into sections that cover a range of common issues faced by coaches:

- confidence building
- developing as a coach
- developing specific skills and strategies
- focusing on the future
- group coaching
- problem solving and creativity
- relationships
- self awareness
- when the client gets stuck.

Whilst each section has a number of strategies, we have kept the format the same for ease of reference. However, the style and content will vary according to the style of the individual coach. If you want to contact any one of the contributors, their details are provided in the list of contributors.

## **Government health warning**

Whilst having a range of strategies and techniques available to use for the range of clients and client issues that are often presented in coaching can help clients achieve their goals, such strategies and techniques are only an aid to assist the coaching process. Building a sound coaching alliance and being able to assess individual client needs ensures a holistic, tailor-made offering to the client. When coaching relies solely on strategies and techniques without these being integrated into a coaching model, there is a danger that the process becomes technique rather than client centred.