



Life Coaching Skills: How to Develop Skilled Clients

Richard Nelson-Jones

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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.

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