



Developmental Coaching: Working with the Self

Tatiana Bachkirova

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Developmental Coaching: Working with the Self Tatiana Bachkirova

"This book opens up an entirely new perspective of understanding and identifying a client's developmental process as well as the challenges related to each stage of that process - for both coach and client. It does not provide one best solution for dealing with these issues but rather stimulates problem solving reflections of the reader by pointing out most suitable psychological approaches, suggesting essential issues to deal with and alerting of others to be aware of."

Sabine Mueller

Coaches often say that their coaching is developmental, but what they mean by this varies significantly. This groundbreaking book explores the most puzzling and debated aspects of human nature, such as 'self', 'free will' and 'psychological evolution' - and then introduces both a new theory of developmental coaching and a new framework for coaching practice.

Tatiana Bachkirova addresses highly debated and complex ideas with ease and explains their relevance to everyday living and helping people to move forward in their lives. To make these ideas real for coaches the book is written in a clear and engaging way with examples, illustrations, exercises and case studies.

Coaches who wish to enrich their practice will find plenty to learn, reflect on and apply immediately in their client engagements. Coaches who see their own self as a crucial element of a coaching encounter will have an opportunity to explore and enhance their own developmental process. Students of advanced coaching programmes will find this book both intellectually stimulating and a useful resource for practice.

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