

(Download free ebook) Brief Coaching: A Solution Focused Approach (Essential Coaching Skills and Knowledge)

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Chris Iveson, Evan George, Harvey Ratner
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Chris Iveson, Evan George, Harvey Ratner : Brief Coaching: A Solution Focused Approach (Essential Coaching Skills and Knowledge) before purchasing it in order to gage whether or not it would be worth my time, and all praised Brief Coaching: A Solution Focused Approach (Essential Coaching Skills and Knowledge):

0 of 0 people found the following review helpful. Practical and a key book in the brief coachingBy PreisocratesChris

Iveson et alii (Evan George and Harvey Ratner) have written an essential book for solution focused brief coaches. Beside the very good material (fortunately being rich in relevant examples) they also review very briefly the roots, the main authors and make fine line differences what they apply in their practices a little bit differently from the Milwaukee (of Steve de Shazer/Insoo Kim Berg) tradition. These subtle differences are all going into the direction of the even more self-effacing role of the coach in the coaching process. As they mention it themselves at the beginning of the book: "One of the most common solution focused mantras is 'leave no footprint'" ... the book has come out this year and you see already used copies sellable at USD 80, from the paperback there are only 7 on stock at (when I write this review)... it is not the very characteristic - at least in the case of such type of books - of book of 3 stars as the only reviewer to this time has classified it...1 of 5 people found the following review helpful. Practical but somewhat limited

By Guadalupe Vadillo This is a practical, introductory book on solution oriented coaching. It has lots of examples, it is clear and ordered, which makes it easy to read. However, I think it lacks theory other than some citations from the de Shazer's works it presents. I believe that a reader would profit from other strategies provided by a wide spectrum of founders of brief therapy (for example, from the Mental Research Institute) and more contemporary authors and practitioners, such as Giorgio Nardone. In fact, some examples include techniques from these authors, although not clearly mentioned (such as Nardone's "Correct me if I'm wrong" that is sketched but not precisely presented in the book). Buy it if you are interested for the first time in the subject or if you are a manager who wants to improve the effectiveness of meetings as well as the organizational climate through easy-to-implement techniques.

0 of 0 people found the following review helpful. Excellent Brief, Practical Guide to Successful Solutions Focused Coaching

By dennis doverspike Excellent brief and practical guide. I would quickly run out of space trying to describe why I rate this book so highly. Every coach, and especially coaching apprentices or students, should have this book on their bookshelf; hopefully, after they have read it and worked through the examples. This is a "solution focused approach." The basic idea - the coach works toward the solution and not away from the problem, which pretty much sums it up. This short book, 204 pages in paperback, does an excellent job of discussing the approach. Even better, there are many easy to follow examples. The text is very well written, provides a lot of description and detail, and a plethora of case studies. If I had a complaint it would be with the author's tendency to support the approach with general statements to the effect that our research shows; I would rather the authors had dropped such statement or support them with footnotes giving enough detail to support the claims. For me, this is a minor complaint though and does not detract from this outstanding short review.

Brief Coaching offers a new approach to coaching by considering how the client will know when they have reached their goal, and what they are already doing to get there. The coach aims to work towards the solution rather than working away from the problem, so that the client's problem is not central to the session, but instead the coach and the client work towards the client's preferred future. This book employs case examples and transcripts of sessions to offer guidance on: looking for resources rather than deficit exploring possible and preferred future examining what is already contributing to that future treating clients as experts in all aspects of their lives. This practical guide includes summaries and activities for the coach to do with the client and will therefore be a useful tool for both new and experienced coaches, as well as therapists branching into coaching who want to add to their existing skills.

"This book offers the expertise of leading solution focused therapists for an audience that is interested in how to take a solution focused approach to their coaching work. When resources are tight, a BRIEF approach offers a well researched way of making the most from coaching interventions." - Carole Pemberton, Executive Coach and author of Coaching to Solutions

"What this book offers are some potentially fruitful ideas about conducting therapy, indeed the process of therapy itself. I also liked the emphasis on 'client strengths, resources, competencies, capabilities and successes.' - James K. Luiselli, New England Psychologist

About the Author Chris Iveson, Evan George and Harvey Ratner are founding members of BRIEF, London, UK, an independent training, therapy and consultation agency in the practice of solution focused brief therapy