



# Techniques for Coaching and Mentoring

*Natalie Lancer, David Clutterbuck, David Megginson*

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This is a fully revised and updated second edition of the successful *Techniques for Coaching and Mentoring*, also incorporates the best bits of its sister text *Further Techniques for Coaching and Mentoring*.

The book presents a comprehensive and critical overview of the wide range of tools and techniques available to coaches and mentors. With a strong academic underpinning, it explores a wide range of approaches, and provides techniques both for use with clients and to support professional development of the coach or mentor. Key features include:

- Easy-to-use resources and techniques for one-to-one coaching
- Case studies throughout the text, helping to put theory into practice
- An overview of different theoretical approaches
- A dedicated section on ‘themes for the coach’ discussing coaching across cultures, evaluating your coaching and looking after yourself as a coach.
- Downloadable worksheets for each technique.

Techniques for Coaching and Mentoring 2<sup>nd</sup> Edition is an invaluable resource for professional coaches and mentors looking to enhance their practice, and students of coaching and mentoring.

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