



# **Brief Coaching: A Solution Focused Approach (Essential Coaching Skills and Knowledge)**

*Chris Iveson, Evan George, Harvey Ratner*

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*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 deficits
- exploring possible and preferred futures
- 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.

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