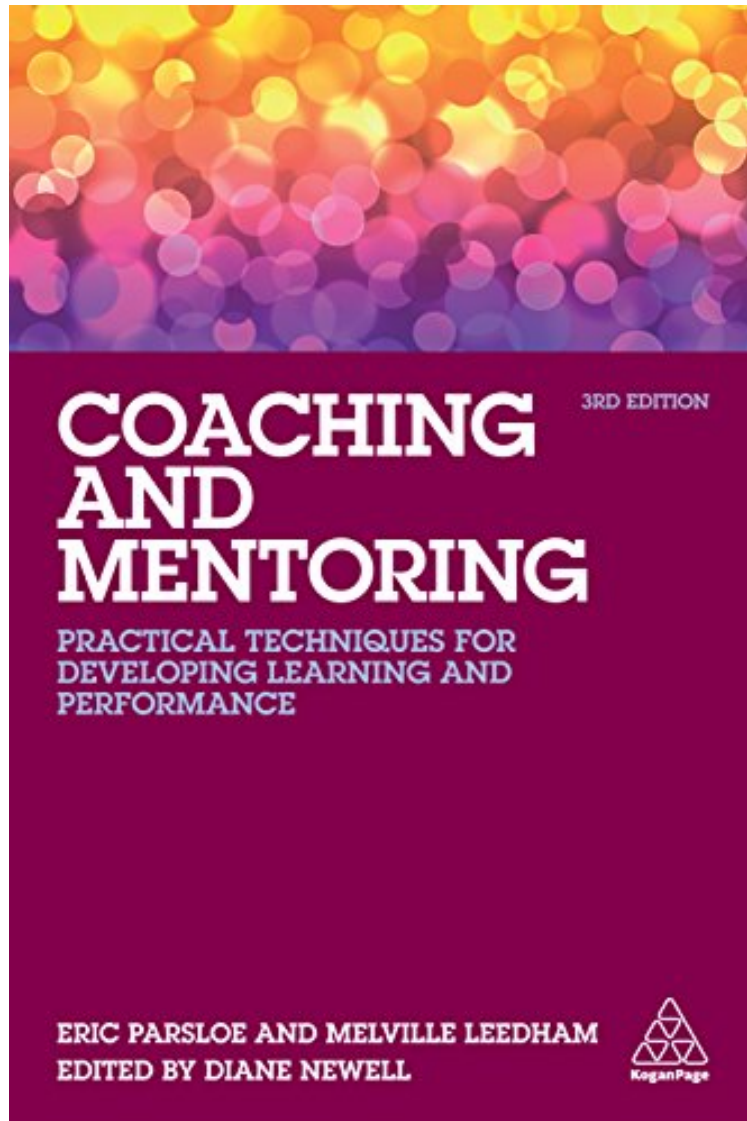


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# Coaching and Mentoring: Practical Techniques for Developing Learning and Performance

*Eric Parsloe, Melville Leedham*

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**Eric Parsloe, Melville Leedham : Coaching and Mentoring: Practical Techniques for Developing Learning and Performance** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Coaching and Mentoring: Practical Techniques for Developing Learning and Performance:

0 of 0 people found the following review helpful. As well as the excellent book knowledge being patiently served up by DarrenIngram\_dot\_com There are many books dedicated to explaining the art and practicality of coaching and mentoring, but far too many seem to get stuck in their own little world and manage to over-complicate matters. This

book, however, now in its third revision is different, offering a clear and practical guide to actually doing coaching and mentoring! Weaving theory and real world practice together, the authors provide a clear, engaging look at the subject, backed up with clear tools, actionable frameworks and a host of strategies that they say can be utilised in every coaching or mentoring situation. This is said to be a major update; over previous editions, bringing it up-to-date with some of the latest thinking and developments in the subject. Its price-point is very reasonable too. As well as the excellent book knowledge being patiently served up, it was particularly interesting to note the opinions and experiences of many practitioners working within the field, allowing the reader to observe how they go about things and discover some of the challenges and issues they may have faced. This could be viewed as the icing on the metaphorical cake. Certainly, the authors have done a good job in making the subject accessible, engaging and of interest, especially to the confused or sceptical reader. For those who are already fully on-board, this can be certainly a book worth considering to add to their knowledge and experience armoury. Now, this reader came away a lot more informed and quite positive to the whole coaching and mentoring process; so the authors have managed to do some coaching from afar to great success.

Over the last 15 years, Coaching and Mentoring has become the go-to guide for anyone looking to develop their coaching and mentoring skills at individual, team or organizational level. Clear and accessible, it uses practical tools and best practice to demonstrate how to relate theoretical models to specific situations to gain real benefits. It provides strategies that can be applied to any situation, including life coaching, business coaching and community mentoring. Now in its 3rd edition, Coaching and Mentoring has been fully updated to cover the latest thinking and developments in this area including extended coverage of coaching supervision. There is also now a brand new section on practical applications of coaching and mentoring for organizations which includes advice on how to align coaching and mentoring strategies to overall business goals and how to provide evidence for its transformational impact on employee performance. Full of practical advice, case studies and examples, this comprehensive guide will be of value to everyone involved in any aspect coaching and mentoring.

"Having been on both sides of the mentor/coach partnership I highly recommend this book. The authors do an excellent and complete job of explaining the process, background and goals of coaching/mentoring, their responsibilities as well as the responsibilities and expectations of the person being coached or mentored. Being adjunct faculty for undergraduate and graduate students I was especially impressed by the section on students and learning. If a person wants to be a coach or mentor or is looking for a coach or mentor this book would be a great resource for beginning the journey." (Tony Smith, NetGalley er)"Eric Parsloe's contribution to the world of coaching and mentoring was immense. This new edition of his favourite book retains the same sense of energy and enquiry as the original. Eric would have been proud to see it!" (Professor David Clutterbuck, author, speaker and co-founder of the European Mentoring and Coaching Council)"Coaching is now acknowledged as a vital part of any organisation's development but few know how to effectively turn theory into practice. The expertise of the OCM [formerly the Oxford School of Coaching and Mentoring] over a number of years helped us to develop individual, team and organisational capability at a pace that seemed impossible at the start. The wisdom and experience we benefitted from are encapsulated brilliantly in this book." (Sarah Sandbrook, HR Director, T-Systems Ltd)"This book...[offers] a clear and practical guide to actually doing coaching and mentoring! Weaving theory and real world practice together, the authors provide a clear, engaging look at the subject, backed up with clear tools, actionable frameworks and a host of strategies that they say can be utilised in every coaching or mentoring situation.... As well as the excellent book knowledge being patiently served up, it was particularly interesting to note the opinions and experiences of many practitioners working within the field, allowing the reader to observe how they go about things and discover some of the challenges and issues they may have faced." (Darren Ingram, Darren Ingram Media)"[This book] can be used by a coach/mentor working in an organisation, small teams, sports field, different types of situations. Overall the book gives you lot of food for thought and helps us to be a better coach/mentor" (Hari Nair, Reliance Group and NetGalley reviewer)"It is great to see this new updated version of Coaching and Mentoring, with great examples of how coaching and mentoring can make a difference in so many different contexts." (Professor Peter Hawkins International Thought Leader and Author in Leadership, Coaching and Systemic Team Coaching)About the AuthorMelville Leedham is an associate lecturer at the University of Northampton. He runs his own coach-mentoring business specializing in improving the performance of individuals, teams and organizations and also trains, supervises and assesses other coaches. Diane Newell is the managing director of coaching services at The OCM, formerly the Oxford School of Coaching and Mentoring, and an experienced coach-mentor working with individuals and teams to catalyse success.