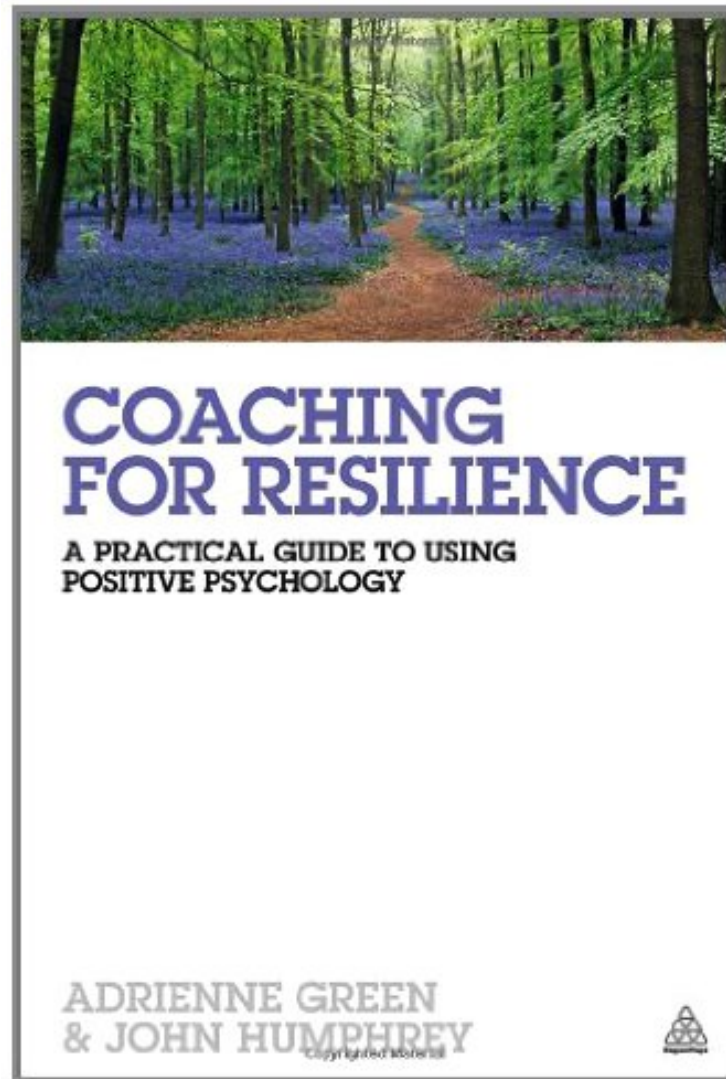


(Read now) Coaching for Resilience: A Practical Guide to Using Positive Psychology

# Coaching for Resilience: A Practical Guide to Using Positive Psychology

*Adrienne Green, John Humphrey*

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A recent report for the CIPD indicated that stress is now the more common cause of long-term sick leave in the UK for the first time ever. Demanding workloads and lack of job security are key stress factors, but in a tough, highly

competitive environment these stressors are no longer avoidable. But you can learn how to cope with the stress effectively. Coaching for Resilience is your practical guide to the principles of positive psychology. Using tried and tested techniques it will show you how to motivate and inspire your clients and yourself to build greater resilience. There are clear explanations of the principles of positive psychology throughout, with practical exercises and examples for ease of understanding. This comprehensive resource will help you develop a clear understanding of the psychology of stress and develop your own strategies to enhance resilience.

"[F]illed with exercises and practical strategies for incorporating positive psychology into life." --Psychology of Wellbeing "[A] guide to business coaching and success, on how to coach oneself to a positive mindset and use that mindset to spread through the work place for better productivity down the line. With plenty of tips for building a positive psychology and practical exercises on many levels, "Coaching for Resilience" is a strong addition for business psychology and management collections, highly recommended." --Midwest Book "Adrienne and John have a great saying: 'life is difficult and that's ok'...if you have a senior position in an organization it can be difficult to realize this. By working through the 'Keys' in Coaching for Resilience you will equip yourself to deal with all of life's challenges. Keep it with you." --Peter Davidson, Chairman South Tyneside NHS Trust "[C]leverly designed to suit the needs of individuals and self-help professionals, coaches, trainers and managers who may want to utilize the material to enhance and develop their own techniques." --Bill Griffiths, Director, Occupational Mental Health Coaches, coachees, trainers, managers and mentors About the Author Adrienne Green is a psychotherapist, and she works with people suffering from severe stress, anxiety and depression. She has lectured at Lancaster University on theories of counseling and psychotherapy and on a variety of topics in the area of professional and personal development. John Humphrey advises many leading employers on health and employment issues. He has run the healthcare functions of Procter Gamble and the Beecham Group. He is co-founder of BMI Occupational Health, founding Managing Director of Minerva Health Management and the Chairman of Marsh Health. He is also the author of Fast Track to the Top: 10 Skills for Career Success, published by Kogan Page.