



The Handbook of Knowledge-Based Coaching: From Theory to Practice

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Praise for *The Handbook of Knowledge-Based Coaching*

"Definitive, with extensive references and a commitment to connecting theory to practice in every chapter, this important contribution is a delicious and wide-ranging exploration of the lineages that have shaped the modern practice of coaching."

—**Doug Silsbee, author, *Presence-Based Coaching* and *The Mindful Coach***

"The translation of theories from multiple disciplines to the practice of coaching makes this book a must-read!"

—**Terrence E. Maltbia, senior lecturer, Adult Learning and Leadership; and faculty director, Columbia Coaching Certification Program, Teachers College, Columbia University**

"If you have an appetite for the scientific roots of what works best in coaching, and you are hungry for an easy-to-digest translation of the science to practice, this book is a feast and will be on your plate for many years to come."

—**Margaret Moore (Coach Meg), founder and CEO, Wellcoaches Corporation; and codirector, Institute of Coaching, McLean Hospital, Harvard Medical School**

"Whether you're a beginner or an experienced coach, this rollicking ride through dozens of the most important theories and perspectives in coaching will be a vital companion. With quick and helpful summaries of key ideas and their use—and selective bibliographies should you wish to go deeper into a particular area—this book will help you support your clients in a targeted and sophisticated way."

—**Jennifer Garvey Berger, author, *Changing on the Job: Growing the Leaders Our Organizations Need*; and coeditor, *Executive Coaching: Practices and Perspectives***

"This is a book I have been missing. What a pleasure to read and what a stretching of my mind."

—**Kim GØRTZ, senior consultant, Copenhagen Coaching Center**

"Anyone who is serious about improving the quality of coaching will find *The Handbook* an invaluable resource that reflects the breadth and richness of the growing evidence-based approach to coaching practice."

—**David Clutterbuck, visiting professor in the coaching and mentoring faculties, Oxford Brookes and Sheffield Hallam Universities**

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Editorial Review

From the Inside Flap

There are books on the theory of coaching, and there are books on how to coach. This book fills the gap between the two.

In *The Handbook of Knowledge-Based Coaching*, a stellar international panel of more than twenty practitioners offer an overview of the major theoretical models and sources of knowledge that have contributed to current coaching practice. For each theory and knowledge area there are specific examples of how it might effectively be applied in a coaching engagement and recommended resources for further study.

Drawing on a wide range of academic disciplines, including psychology, adult learning, conflict management, communication, organizational development, and leadership, this book establishes the intellectual underpinnings of the profession. It also identifies alternative sources of wisdom, such as spiritual traditions and the self-help and human potential movements, and covers a range of specialized approaches, from narrative and somatic coaching to coaching for sustainability, to create a rounded picture of coaching's origins and practices.

Along the way, it explores the challenges and possibilities of the contemporary work environment with all its pressure, structural complexity, and diversity, and the range of strategies available to the coach.

Whether you are an aspiring coach exploring the field, an experienced practitioner eager to expand your knowledge, or a leader, manager, or HR professional seeking to understand the scope and value of coaching, you will find *The Handbook of Knowledge-Based Coaching* an essential resource and an inspiring read.

About the Author

Leni Wildflower is a coach, consultant, and teacher. Currently, she designs coaching programs at Fielding Graduate University, which she also does independently for organizations, corporations, and nonprofits. She is the author of courses in change management, conflict resolution, quality of work, leadership, and executive coaching. Wildflower envisioned and designed Fielding's Evidence Based Coaching certificate program.

Diane Brennan is an executive coach, consultant, and author. She works with leaders and teams in organizations to expand learning and navigate change. Brennan took on leadership roles in the International Coach Federation (ICF) in order to promote global conversations and professionalization across the community and served as the ICF global president in 2008. She is also the coeditor of *The Philosophy and Practice of Coaching*, from Jossey-Bass.

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Lula Estes:

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