**Dear members,**

**If you have read a good book on coaching, please recommend it to us for addition to this list.**

**Co-Active Coaching** - Laura Whitworth, Henry Kinsey-House, Phil Sandahl,
and John Whitmore
First published in 1988, this is the fourth edition of the book written by
the founders of The Coaches Training Institute. Often referred to as 'the
bible of coaching,' it contains a great range of proven coaching methods,
tools, and resources to help aspiring coaches elevate their practice.  Not
only does it comprehensively cover different coaching methods, but it also
includes ethical guidelines, frameworks, and in-depth coaching philosophies
to support you in understanding the work you undertake as a coach.

**Transformational Life Coaching** - Dr. Cherie Carter-Scott and Lynn U.
Stewart
Dr. Cherie Carter-Scott has been a life coach since 1974, long before all
the social media happy coaches we see today. As a veteran of the practice,
she's worked with her business partner, Lynn Stewart, to create a truly
informative and comprehensive book that covers everything you need to know
about becoming a life coach. The book contains proven strategies that Dr.
Carter-Scott uses herself with clients, alongside specific tools used to
train coaches under her mentorship. What makes this book so unique is that
it explores the coaching process from the perspective of both the coach and
the coached client, providing different insights into the coaching
relationship.  This addition makes this book a great staple to the
bookshelves.

**Coaching Questions: A Coach's Guide to Powerful Asking Skills** - Tony
Stoltzfus*)*
This book focuses on one core aspect coaching: the importance of asking the
right questions. Communication is essential for successful coaching, and
this means knowing what questions to ask, how to ask them, and when to ask
to get the best answers from your client. Author Tony Stoltzfus partnered up
with twelve other successful coaches to compile a range of exercises to help
aspiring coaches get to grips with learning this vital skill.  The book is
also a great toolkit to keep to hand as it contains more than 1000 examples
of different questions to ask and build upon when coaching clients. Both new
and experienced coaches will find this a valuable resource.

**Becoming a Professional Life Coach: Lessons from the Institute of Life
Coach Training** - Patrick Williams and Diane Menendez
Patrick Williams is a long-serving life coach and founder of the Institute
of Life Coaching (ILCT). He has previously written two books about coaching,
and this, his third book, is a deep dive into all aspects of the coaching
journey.  Using lessons and teachings from his courses, training, and
workshops at the ILTC, this book provides a seamless path of instruction for
all the coaching fundamentals. From communication and listening skills,
language, effective questioning, down to how to prepare and plan a positive
coaching session.  The book also covers more in-depth topics around
coaching, including ethics, core competencies, specific wellness coaching,
and the impact of positive psychology and neuroscience on the coaching
journey and relationship.

**The Life Coaching Handbook: Everything you need to become an effective
life coach** - Curly Martin
Curly Martin has been a professional life coach, author, and NLP Master
Practitioner for more than twenty years, and her book has been hailed as the
'essential guide' for aspiring life coaches.
The book takes the reader through her Advanced Life Coaching Skills program
that she has used with a wide range of practitioners, including HR managers,
counselors, and therapists.
It's a one-stop toolkit for anyone new to the profession, with walk-through
scenarios, questioning techniques, resources, and activities to help you on
the way to becoming an effective life coach.

The GROW Model of coaching <https://www.brandonu.ca/hr/files/Coaching-The-GROW-Model.pdf>

**The Power of TED (The Empowerment Dynamic)** – David Emerald

This book is a tool for both individuals and organizations who want to create more effective communication and relationships. Learning how to transform everyday drama and opt for more growth-oriented solutions. The Power of TED\* offers a powerful alternative to the Karpman Drama Triangle with its roles of Victim, Persecutor, and Rescuer. The Empowerment Dynamic (TED) provides the antidote roles of Creator, Challenger and Coach and a more positive approach to life's challenges. The teaching story provides a guide for learning and growing through the challenges we all face in our lives.

**The Heart of Coaching** – Thomas Crane

More and more leaders and their organizations are becoming convinced of the business case for creating a "coaching culture". This book provides the tools for leaders and teams to develop a common language and shared protocol, and a learning and development orientation towards people. These critical dynamics support the entire culture becoming a "feedback-rich, high-performance" organization.

The "Second Edition" includes several powerful enhancements of the Transformational Coaching methodology, making it one of the most comprehensive, and systematic approaches to coaching you will find today.

It guides leaders, managers, and entire teams who want to enhance or master their coaching skills through two critical aspects of coaching: First, establishing authentic, healthy and respectful coaching relationships, and second, organizing and conducting the actual coaching conversations that lead to commitments for positive results.

**The Advice Trap** – Michael Bungay Stanier

*The Advice Trap* is about getting to grips with how to actually change your behaviour so you stay curious a little bit longer.

Taming your Advice Monster is at the heart of this book. But there are also some specific coaching strategies, particularly on how to focus on what matters most. There are tools to make your conversations, coaching and otherwise, irresistible. There are even resources beyond the book itself, including a one-year, free leadership program from a 52-person faculty of cool, diverse, and provocative thinkers.