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Don't Just Do Something, Sit there: An Introduction to Non-Directive Coaching (Chandos Business and Management Series)

Bob Thomson

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Don't Just Do Something, Sit There offers anyone who would like to learn how to coach or to develop their existing coaching skills a practical guide to coaching people using a predominantly non-directive approach. It explores how a coach can help others to think through their situation and find their own way forward, one which reflects the reality and constraints of their situation. The book considers the skills which underpin successful coaching - listening attentively, asking questions that help the other to think, and playing back to communicate or check understanding. It explores the spectrum of directive to non-directive coaching, considers practical aspects such as confidentiality, describes a range of tools that a coach might use, and looks at how a line manager can adopt a coaching style. It also considers the philosophical and psychological foundations of non-directive coaching.

- Written by an experienced coach in clear and easily understood language
- Aimed at managers, consultants and HR professionals who want to use a non-directive approach to empowering others and releasing their potential
- Chapters can be read as stand alone guides to topics such as listening, questioning, becoming a capable coach, and the inner game of coaching

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