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Coaching Handbook for Professionals: Powerful conversations to structure meaningful progress

Rudy Vandamme PhD.

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This handbook is aimed at all kind of professionals who like to add coaching to their repertoire. In his role as a coach, the professional (teacher, manager, counsellor, etc) puts questions for help in a goal-oriented and developmental framework. The focus of the approach is to structure meaningful progress. With this handbook you learn to master the two core competencies of this approach: structuring progress, using a multitrack model and creating an inspiring dialogue with clients. Both competencies are extensively elaborated: a number of examples, powerful questions, and specific phrases a coach can use to introduce his client into the art of meaningful progress.

For over ten years this handbook has been used as the consolidated textbook for different coaching training programs in the Netherlands and Belgium. The ambition is to advocate an approach that invites professionals to work in a more holistic and inclusive way. Professionals can play a significant role in helping clients with their choice to connect success and happiness with meaningfulness.

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