



## Essential Life Coaching Skills (Essential Coaching Skills and Knowledge)

By Angela Dunbar



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*Essential Life Coaching Skills* provides a comprehensive guide to the complete range and depth of skills required to succeed as a life coach.

Angela Dunbar uses theoretical background alongside practical examples to provide a clear understanding of what makes a successful life coach. This book focuses on seven essential skill sets that are necessary for effective life coaching, with each chapter giving specific examples of how these skills are used in life coaching, and how they can be developed and improved. The book also includes a comprehensive, current overview of life coaching processes, practices and issues, from both the coach and client perspectives.

*Essential Life Coaching Skills* will be ideal reading for new and existing life coaches who wish to find ways to enhance their competence and ability. It will also be of use to therapists and counsellors looking to expand into coaching.

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### **Bibliography**

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#### Review

*'This is a refreshing new take on areas which have been explored in other books... this book provides an entertaining and easy to follow guide to what coaching is, what it does, how it works and where to go for the next stage of the journey.'* – **Carol Wilson, from the Foreword**

#### About the Author

**Angela Dunbar** is a qualified life and performance coach, accredited with the Association for Coaching. As Managing Director of her own training and development consultancy since 1994, Angela coaches individuals on all aspects of their personal and professional lives.

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