



## **Developmental Coaching: Life Transitions and Generational Perspectives (Essential Coaching Skills and Knowledge)**

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# Developmental Coaching: Life Transitions and Generational Perspectives (Essential Coaching Skills and Knowledge)

## Developmental Coaching: Life Transitions and Generational Perspectives (Essential Coaching Skills and Knowledge)

*Developmental Coaching* explores many of the common transition points we experience throughout life, including teenage transitions, becoming a parent, mid-life and retirement. The book sets these transitions in their social context and reviews them in the light of generational factors.

The book is introduced with key psychological concepts from areas such as lifespan development and positive psychology, in addition to insights from other disciplines, including management theory and sociology. The main topics of discussion are:

- coaching tools and techniques
- broader societal and generational trends
- how coaching can help individuals to realise positive growth.

With case studies throughout, *Developmental Coaching* offers an essential resource for practising coaches, coaching psychologists, counsellors and other professionals who wish to further their knowledge of the developmental aspects of coaching and dealing with life transitions.

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