TABLE OF CONTENTS

WHAT IS A COACH?

INTRODUCTIONPAGE 2	
CHAPTER ONE: LET'S TALK ABOUT COACHINGPAGE 5	
CHAPTER TWO: THE PSYCHOLOGY OF COACHING	
CHAPTER THREE: FOUNDATIONS & MOTIVATION	
CHAPTER FOUR: UNDERSTANDING HOW COACHING WORKSPAGE19	
CHAPTER FIVE: SYSTEMS, TOOLS AND CONCEPTS	
CHAPTER SIX: COACHING METHODS	
APPENDICES	
ACTION WORDS	CLINICAL SIGNS
INTERESTS WORKSHEET	EXPLORING INTERESTS
RELATIONAL ARITHMETIC	SOCRATIC QUESTIONING
JETHRO PRINCIPLE	DEALING WITH DIVORCE
PERCEPTION TOOL	HEALING HURTS QUESTIONS
RECOMMITMENTS	APPROVAL ADDITION
HEARING GOD'S VOICE	SPRING CLEANING
TIPS TO FORMING A HABIT	IDENTIFYING VALUES
FEARS LIST	GOAL SETTING
RESENTMENT LIST	ICE BREAKERS
MORAL INVENTORY	LIMITATIONS IN COACHING
GRIEF STAGES	OTHER RESOURCES

Order Today! www.themeritgroupindy.com