



The Psychology of Executive Coaching: Theory and Application

Bruce Peltier

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Coaching has become an important way for psychotherapists and other mental health professionals to adapt their skills to a changing environment. This book provides a comprehensive translation of psychotherapy theory and skills for the would-be executive coach. It was written to help clinical mental health practitioners understand the culture and expectations of the corporate and business world, as well as how to use their hard-earned skills effectively in executive coaching.

The book begins with a clear explanation of how coaching differs from counseling and how to explain this to prospective new clients. Eight chapters translate popular therapies into coaching strategies, along with a guide for assessing executives. One chapter describes the challenges women face as managers and executives and proposes effective coaching methods. Lessons from successful athletic coaches are integrated into consulting skills. Essential business school lessons in leadership, marketing, and the corporate viewpoint and vocabulary are included for the therapist seeking greater understanding of the executive's point of view. A final chapter describes how to make the transition from the world of therapy to the workplace world of the corporate coach.

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