



Techniques for Coaching and Mentoring

David Megginson, David Clutterbuck

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The aim of this book is to provide the coach or mentor with a wider portfolio of techniques and approaches to helping others than would normally be gained from practical experience or attending a course. In compiling these techniques, the authors have drawn on experience from their coaching and mentoring activities, and added to these with the help of other experienced professionals within the field. They have clustered these into a number of themes, which now make up the framework for the main body of this book.

Techniques for Coaching & Mentoring is designed to offer the reader a range of interventions that they can employ when working one-to-one with others. The purpose is to enlarge the range of techniques that you can use in this important work of helping, and thus make it more effective, the book can be used in a number of ways:

- As general preparation – thinking through a range of techniques that you might be faced with in the future and seeing the techniques offered here as extending the range of the possible.
- As specific preparation – if you feel stuck with a particular client, use the contents, index and flicking through the chapters as a means of finding something that may help to unlock possibility for the client.
- As an agenda for a course on coaching or mentoring where the various techniques for different stages can be used as a source for practice.

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