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Non-directive Coaching: Attitudes, Approaches and Applications (Coaching and Mentoring)

Bob Thomson

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This is a key text for both practitioners and those on postgraduate coaching courses. It considers how coaches working primarily non-directively can develop their practice by assimilating ideas from a range of approaches. It also looks at how they might apply their non-directive coaching skills in a number of other fields. The text acknowledges that there is no single way to coach effectively and that it is impossible to be totally non-directive as a coach. However, it promotes the need for a coach to be very clear about how directive or non-directive they wish to be, both in their overall approach and as they decide in the moment what to say or do next in a coaching conversation.

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