



# Performance Coaching Toolkit

By Will Thomas, Angus McLeod

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## Performance Coaching Toolkit By Will Thomas, Angus McLeod

*"Much more than an outstanding toolkit, this hand book is an essential and rich resource for professional coaches (new and experienced) and for leaders, managers and parents facilitating informal coaching conversations. Angus McLeod and Will Thomas have artfully distilled key frameworks and tools for facilitating sustainable performance, wellbeing and humanity in both coach and coachee. Jargon free and filled with immediately useable and highly impactful models, check-lists and downloadable resources, this guide will quickly become a well used and trusted companion."*

Michelle Duval – Managing Director Equilibrio International

**"For anyone new to the subject everything is well and simply explained, as such I'd recommend it as a must buy. Those more knowledgeable will find it refreshing in its content, presentation and practical approach...Overall, this is a great book and definitely recommended."**

Caroline Nowell, Book Review Panel, Rapport Magazine

**It offers a wealth of wise suggestions from two highly experienced coaches and readers may choose to read it right through or dip into it using the List of Tools, Glossary and Index. The keys to effective coaching, in the view of McLeod and Thomas, are questioning, listening and silence; they offer a very nice and easy exercise enabling coaches to balance all three. Among the many other offerings I like are the tools for checking and working with coachees' emotions and the 17 'starter questions' for coaching conversations."**

Dr Susie Linder-Pelz, author of 'NLP Coaching' (Kogan Page)

The Performance Coaching Toolkit is a practical handbook for anyone wishing to improve their coaching skills. It is enriched by methods taken from the authors' understanding and development of practical learning techniques as well as from their work in education, personal development and within various commercial organizations.

The approach of the book is concise and informative: all the tools sit within a practical framework for developing and enhancing your own coaching style. This framework is based on the STEPPPA Model which is built around:

- Subject focus

- Target focus
- Emotional focus
- Perception focus
- Plan focus
- Pace and Act focus

The toolkit also provides a coherent and practical tool for keeping in touch with the coaching process as a structured journey.

The layout has been designed to enable fast access to key information and the book has links to other related models and tools, so that the complexity of coaching processes, with time, becomes even more comprehensible.

This toolkit is key reading for coaches and prospective coaches in all sectors, particularly those who want a rapid and accessible route to understanding coaching practice and who want a reliable source book for coaching methods.

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### **Performance Coaching Toolkit By Will Thomas, Angus McLeod Bibliography**

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### Editorial Review

From the Author

Will & I wrote this book as a practical companion to 'Performance Coaching' by Angus McLeod. Its aim is to set out a wide range of practical coaching tools to satisfy the demand for a practical Toolkit with whitespace, for those who like to annotate. The range of tools brings together a huge mutual experience of coaching as practitioners, trainers and teachers over many years, taking the best-of-the-best practical coaching work.

About the Author

**Angus McLeod** is Visiting Professor at Birmingham City University Business School and has published books on coaching, team development and leadership. He is an accomplished coach, company director, and he conducts coaching master-classes internationally. He and his team supply coaches and training programmes for executive development and culture change.

**Will Thomas** is a best-selling and award-winning author who has had published, several successful books on coaching and leadership. He takes coaching and creative learning into the educational sector, where 1-2-1 coaching skills and a teaching style advised and enhanced by coaching skills is making a real difference to the wellbeing and development of teachers, leaders and learners. He is visiting lecturer at The University of Worcester.

### Users Review

From reader reviews:

**David Guyton:**

This Performance Coaching Toolkit book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this e-book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This particular Performance Coaching Toolkit without we understand teach the one who looking at it become critical in pondering and analyzing. Don't be worry Performance Coaching Toolkit can bring once you are and not make your carrier space or bookshelves' grow to be full because you can have it inside your lovely laptop even mobile phone. This Performance Coaching Toolkit having fine arrangement in word in addition to layout, so you will not really feel uninterested in reading.

**Cheryl Fenske:**

Now a day individuals who Living in the era everywhere everything reachable by interact with the internet and the resources inside can be true or not involve people to be aware of each data they get. How a lot more to be smart in getting any information nowadays? Of course the answer is reading a book. Examining a book can help people out of this uncertainty Information mainly this Performance Coaching Toolkit book because book offers you rich data and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you may already know.

**Edna Vachon:**

Typically the book Performance Coaching Toolkit will bring someone to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. When you try to find new book to study, this book very suitable to you. The book Performance Coaching Toolkit is much recommended to you to study. You can also get the e-book in the official web site, so you can easier to read the book.

**Fred Peterson:**

Reading can called head hangout, why? Because when you find yourself reading a book especially book entitled Performance Coaching Toolkit your mind will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely will become your mind friends. Imaging every word written in a e-book then become one web form conclusion and explanation in which maybe you never get just before. The Performance Coaching Toolkit giving you yet another experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

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