



Group and Team Coaching: The Essential Guide (Essential Coaching Skills and Knowledge)

Christine Thornton

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This book offers a new perspective on the subconscious and non-verbal processes through which people learn and communicate with each other in groups. Describing these processes in the context of modern organisational life, it provides practical advice about how to do group and team coaching.

Introducing key concepts from psychology, group analysis and systems theory, *Group and Team Coaching* gives practical guidance on core areas of group coaching: team coaching, group supervision, action learning sets and other learning groups.

Casting new light on the 'secret life' of groups and teams, it discusses:

- the invisible processes of group dynamics
- pitfalls of group coaching and how to avoid them
- how to design coaching interventions
- common dilemmas
- ethics and supervision

With many vignettes and case studies, *Group and Team Coaching* is essential reading for coaches who work with groups and teams.

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