



## Coaching Psychology in Schools: Enhancing Performance, Development and Wellbeing

By Mark Adams

Taylor Francis Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book. Coaching psychology is a distinct branch of academic and applied psychology that focuses on enhancement of performance, development and wellbeing in the broader population. In Coaching Psychology in Schools, Mark Adams demonstrates how psychological principles and approaches can be applied in schools to enhance the performance of education practitioners, teams and settings, with corresponding benefits for the children under their care. Coaching Psychology in Schools aims to put psychology in the hands of the reader, imparting psychology-informed coaching strategies that can enhance effectiveness in supporting others to learn, change and develop. The book challenges traditional notions of how psychology can contribute to education and illustrates how better outcomes for children can be achieved by helping adults to unlock and utilise their resources. The book covers how coaching psychology can be applied to:

- Develop classroom practice
- Improve teacher performance
- Support Continuing Professional Development
- Enhance practitioner and team performance, confidence and wellbeing
- Support practical problem-solving
- Develop individual and organisational resilience

Real-life case examples are used throughout to illustrate practical coaching methods and techniques that are underpinned by established psychological approaches, including solution-focused...

### Reviews

*Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.*

-- **Joshua Gerhold PhD**

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

-- **Meagan Roob**