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## **Systemic Coaching and Constellations: The principles, practices and application for individuals, teams and groups**

*John Whittington*

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### SYSTEMIC COACHING & CONSTELLATIONS

The principles, practices and application  
for individuals, teams and groups

2ND EDITION

JOHN WHITTINGTON



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**John Whittington : Systemic Coaching and Constellations: The principles, practices and application for individuals, teams and groups** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Systemic Coaching and Constellations: The principles, practices and application for individuals, teams and groups:

2 of 2 people found the following review helpful. A worthy 2nd Edition of a Systemic Coaching classic! By Bill

JohnsonThe 2nd Edition of "Systemic Coaching and Constellations" by John Whittington is a very important update that extends his work in bringing the ideas behind Hellinger's family constellations into the world of organizational systems. John has a beautiful way of simplifying difficult concepts, and here he provides a foundation for systemic constellations built around TIME, PLACE, and EXCHANGE. This edition has a new chapter titled "Belonging: Conscience, guilt and innocence" which for me was worth the price of the book. Whittington illustrates how we are all born into a family system, and through our lives we demonstrate a need to belong to the systems we encounter, all of which can cause entanglements. Systemic constellations provide a way of visualizing and working through those entanglements. Whittington describes the layers of personal conscience, organizational conscience and systemic conscience -- which can work at cross-purposes to each other. The ground-breaking idea behind conscience is that innocence is what we try to maintain to belong to a system, while guilt is what we feel when we leave a system or "betray" its values. When you take the time to truly internalize the concepts here, it can completely change the way you look at, interact with, and bring change to organizational systems. The other chapter I'd like to mention was the final chapter, "The F word: Familiar patterns." This chapter is about unlocking your own system of family origin, and for me it was a life-changer. Whittington explains a couple of techniques, that done in the right place and with an open heart, can unlock a wealth of resources and strength that can be found in one's family system. The expansion of my own heart and soul that came from these exercises has taken my coaching to a completely new and different level. 1 of 1 people found the following review helpful. Five Stars By Sharon L. Spano What an eye-opener. Truly has changed the way I think about my clients, my business, my life. 4 of 4 people found the following review helpful. Excellent Book on Coaching By Bruce M. Anderson As a Certified Master Coach, I have coached for 20 years and have a number of tools in my toolbox. This is a new and exciting process for me and I believe it will deepen clients awareness of their world and how they are in it. I have already used some of the simpler approaches and it was very effective. I can see that this will take some study. I would recommend this book to any coach who is interesting in expanding their coaching capabilities.

Systemic Coaching and Constellations offers a refreshingly uncomplicated path into a potentially complex subject, demonstrating how this approach can provide access to systems and deliver enduring benefits for coaching clients. This new edition offers a comprehensive introduction to the principles that sustain systems, real world descriptions of what systemic coaching is and how it can be useful as well as a step-by-step guide to integrating the principles and practices into coaching. Highly practical, Systemic Coaching and Constellations includes a wide range of exercises for application with individuals and teams. It also includes a brand new chapter on Belonging, fully updated case studies from coaches who have taken part in John's trainings, a joint ICF/EMCC constellation workshop and examples from coaches around the world, including Australia, Mexico, France, Spain, US and the Netherlands. Whether used in an initial selection meeting or to underpin all your coaching conversations and interventions, Systemic Coaching and Constellations offers an accessible, practical starting point to transform your coaching practice.

"John is a gifted insightful communicator in his writing and his teaching, both of which I've had the pleasure to experience and witness. He artfully brings this seemingly mysterious yet hugely transformative field to life, with eloquence, wisdom, real examples and practical tips. Prepare to be inspired."