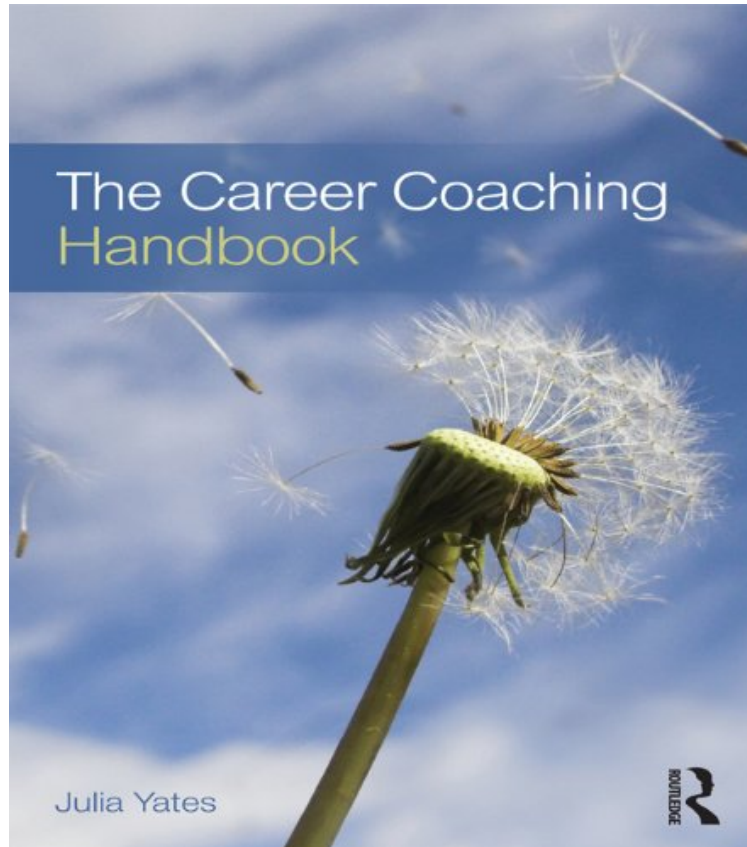


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# The Career Coaching Handbook

*Julia Yates*

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**Julia Yates : The Career Coaching Handbook** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Career Coaching Handbook:

Uniquely combining the latest research into careers with the most up to date coaching approaches, Julia Yates shows how to effectively apply coaching techniques to the world of career support. Demonstrating how coaching research explains practice and how practice benefits from research, The Career Coaching Handbook is accessibly written with a solid evidence-based foundation. Presented in three parts, the book covers developments in theory and research and applies this knowledge to the real world. Part 1, Theories of Career, looks at 21st century career paths, job satisfaction and career changes ndash; both planned and unplanned. Part 2, Career Coaching Approaches, looks at coaching strategies that are applicable to career coaching in particular. Part 3, Coaching into the World of Work, covers specific real-world situations where coaching is beneficial, from job search strategies to CV and interview coaching. Evidence and research is used throughout to demonstrate the most effective strategies for coaching. The Career Coaching Handbook provides an essential introduction for students or practitioners who are interested in developing their own practice, finding new and improved ways to do things and understanding the theories that underpin effective career

coaching practice.

"Yates's audience is always the enquiring practitioner. She builds rapport throughout the book, sharing case studies and discussing her own perspectives on the different theories and their applications. A particularly useful feature is the frequent identification of stimulus and questions that coaches can use in order to implement the theories. Her tone is conversational and she makes extensive use rhetorical questions to encourage readers to reflect on the material and to aid in the application to practice. However, this conversational tone never detracts from the transmission of the evidence base." Tristram Hooley, British Journal of Guidance Counselling "Here is a comprehensive book on all aspects of careers, that Talent Managers, HRD professionals and Career Coaches should have on their shelves. Useful summaries of the research and theories, short case studies and a wealth of career coaching tools." Peter Hawkins, Author and Professor of Leadership, Henley Business School "This book is essential reading for the new practitioner of career coaching. In an engaging style, it links a rigorous grounding in advanced career coaching theory and the latest careers information to many practical examples of applying this information to your coaching practice. No other publication put it all together for me as did this. Ongoing it will be a key resource to my achieving coaching excellence." Mara Gardner, Career Coach and Career Coaching Student "Julia Yates has produced an accessibly written resource that offers real appeal to an audience far wider than the intended Career Coaching practitioner. It fills a large gap in the literature and is widely supported by references to classic and contemporary research and practical approaches to supporting people through major job changes I thoroughly commend Julia Yates's treatise in this new academic discipline as a 'must have' resource for successful career coaching." Declan Woods, Accredited Master Coach, Global Head of Standards Accreditation, Association for Coaching. Founder, ZPD Consulting and Coaching. About the Author Julia Yates is a senior lecturer in psychology at the University of East London and runs their MSc in Career Coaching. She has worked as a practitioner, director, trainer and writer in the field of career coaching for 15 years.