



Performance Coaching Toolkit

Will Thomas, Angus McLeod

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"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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