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IMPROVING LEADERSHIP PERFORMANCE
.....THROUGH INSPIRATION

Coaching Positively: Lesson from positive psychology

By Matt Driver

The book focuses on the fact that coaching is a positive intervention with the goal of building an individual's resourcefulness and positive beliefs about themselves. It sets out 6 of the core themes of positive psychology- strengths, mindset, resilience, positive motions, relationships and personal growth.

The book brings together recent research and Matt's extensive practice in this area. Matt speaks in very practical terms of how positive psychology has a multitude of applications in coaching.

Throughout the book are exercises and activities which the coach can do for themselves or try with clients. There are excellent case examples mixed with insights from the author.

I find this book an amazing resource to dip into to help my clients achieve their goals using a positive frame of reference. The tools it describes are excellent if a client is 'stuck' and needs to find a positive route out.

It is full of practical good sense. I'd recommend this book as a great way into thinking about the real power of taking a positive approach to your coaching interventions.



Reviewed by Sue Alderson