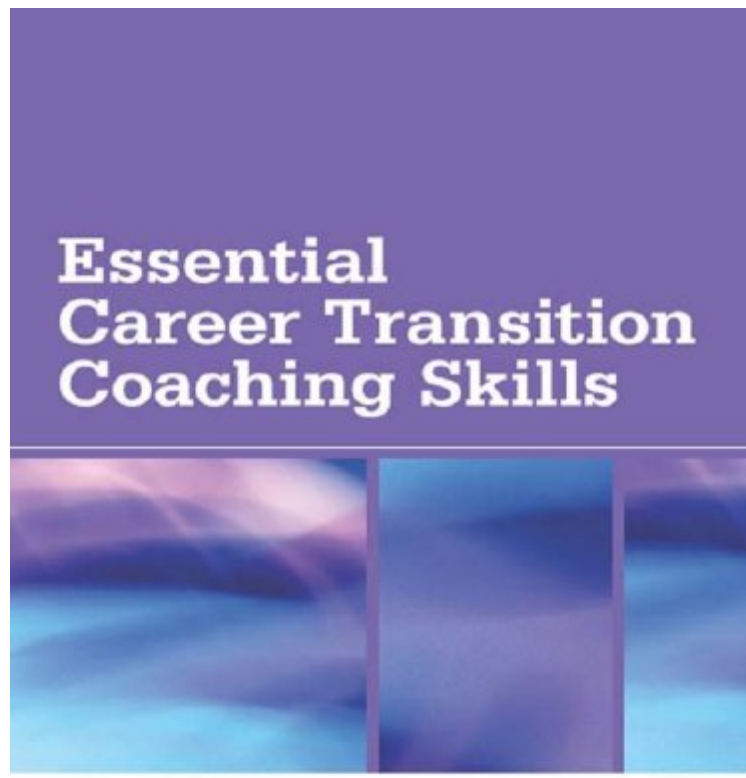


Essential Career Transition Coaching Skills (Essential Coaching Skills and Knowledge)


Caroline Talbott

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Caroline Talbott



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Caroline Talbott : Essential Career Transition Coaching Skills (Essential Coaching Skills and Knowledge) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Essential Career Transition Coaching Skills (Essential Coaching Skills and Knowledge):

2 of 2 people found the following review helpful. One of the very best monographs on Career Coaching By Dev Ramcharan Caroline Talbott's monograph is a rich, generous and thoroughly pragmatic source of counsel in an emerging professional niche that does not have enough studies written with scholarly rigour. This is one of the best. The book covers, in surprising depth, the key areas of concern, enquiry and competence that career coaches need to reflect on to operate at their highest potential. The book's table of contents is as follows: 1. Why career transition coaching? 2. Understanding your client and career transition points 3. Psychological factors in career satisfaction and transition 4. Making career choices 5. Getting there 6. Challenging transitions 7. Transition into a new role in life 8. What

it takes to be successful as a career transition coach⁹. Final word: Vital considerations Throughout, Talbott is diligent in acknowledging her sources for the tools, frameworks, methodologies and approaches she refers to. Her bibliography alone is worth the price of the book, and provides access to a significant, varied and credible list of information sources, including books, articles, journals, associations and websites. What makes this book so important is the practical, empathetic, experience-based, HR/Organizational/Professional Development Theory and practice informed counsel she shares with fellow practitioners. She writes with the warmth and respect of a coach working directly with a client, and her observations of what works and what might not work in defining, managing and evolving a career coaching practice come from a 'place' of hard won experience. The degree of personal generosity expressed in the book is quite remarkable, and often one is struck by the level of disclosure. Another writer might choose to artfully monetize and charge for a proprietary methodology they have developed. By contrast, Talbott shares the process she uses and counsels her readers on how to apply it practically. One may not agree with everything proposed, and there is room for healthy debate around a component or two of her process (NLP and its scientific validity is one example), but her advice overall is not dependent on individual details like this. There is very little that this reviewer found to quibble about in this excellent book. Some books are good for a single read. Others are good material for referring to periodically. Talbott's 'Essential Career Transition Coaching Skills' is handbook that practitioners, at all levels of experience, will turn to daily for ideas, counsel and inspiration. Very highly recommended. Dev Ramcharan Founder and Lead Coach AROUCA Career Coaching 2 of 2 people found the following review helpful. Amazing Book For the aspiring Career Coach! By Alexander Laurin I knew as a head-hunter that I would be good at career transition coaching. There was a small flame inside me that said that I should do it. I picked up "Essential Career Transition Coaching Skills", by Caroline Talbott to get some additional insights into the profession. I was absolutely blown away by how good this book is. Caroline has offered so much great information here and it has given me an enormous amount of confidence and passion for this line of work. I could not stop reading this book and finished it in a few days. I am extremely grateful to the author. BUY THIS BOOK!

Career moves (even positive ones) can be disruptive for the individual, and the psychological impact of changing roles or careers is often underestimated. Career transition coaching is a relatively new field, but one that is highly relevant in the modern world. In *Essential Career Transition Coaching Skills*, Caroline Talbott explores the most effective career transition coaching techniques and explains the psychology behind them. Looking at both self-motivated and enforced career changes, the book pays particular attention to the psychological processes experienced by the client, so that the coach can understand and anticipate their reactions and help them make the most successful career moves. It covers general skills, tools and techniques that can be applied to any career transition as well as more specific examples such as moving from management into leadership, aspiring business owners and career changers. Case studies illustrating the methods of experienced coaches and step-by-step guides to coaching techniques are also included. Ideal for those already experienced in general coaching and looking to specialise, as well as anyone whose job requires coaching skills, such as managers and HR professionals, this timely book provides a comprehensive guide to the whole transition cycle — from choosing a career direction or change, to making a move and adapting successfully.

"... Talbott's deceptively voluminous guide may well be the last word on career coaching. The experienced leadership coach tackles every aspect of the role, from understanding your client to building your reputation, but the real bonus here is how she seamlessly meshes the theoretical and practical — explaining the rigorous psychology behind the Kubler-Ross change curve, for example, before showing how to guide a newly bereft client through each stage from shock through to acceptance." - People Management "I thoroughly recommend this timely, comprehensive, well-researched and practical book. It offers lots of tools and ideas for working with career transition (with others or themselves). Caroline seeks to cover the full picture of career transition coaching and she has certainly done just that. She seeks to rouse the reader, she does that too." - Liz Hall, editor, *Coaching at Work* About the Author Caroline Talbott coaches and develops leaders, particularly professionals who have progressed into leadership roles. She is also a specialist in change management and organisation development and is a qualified NLP Business Practitioner.