



Coaching My Way

Sabine Asgodom

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25 Surprising Impulses Which Pave the Road to Success

Sabine Asgodom is one of the most acclaimed management coaches in Germany. This book, which is finally available in English, offers practical insights and recommendations as to how to successfully coach: What problems need to be solved? How can you come up with new ideas? How can you define worthwhile goals? What strategies should you consider? How can conflicts with others be resolved?

In "Coaching My Way" Sabine Asgodom describes her SOFTCo method (Solution Oriented Fast Tip Coaching). In this book you'll find 25 practical, individually adaptable coaching impulses which are effective in both private and professional surroundings. Each and every one of these are essential building blocks in Sabine Asgodoms method for coaching clients. Concrete examples are offered to show how you can quickly initiate step-by-step development. Valuable advice is given to prepare you for the ins and outs of both coaching others and self-coaching.

A self-assessment test is included that allows you to see if you could be a good coach for friends, relatives and colleagues.

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