



THE COACHING MANUAL

FIFTH EDITION



**YOUR
STEP-BY-STEP
GUIDE TO
BECOMING
A GREAT
COACH**

JULIE STARR



**Free downloads
included**

Praise for *The Coaching Manual*

‘No one has brought to life the nuts and bolts as well as the spirit of masterful coaching better than Julie Starr. *The Coaching Manual* is the definitive resource for aspiring as well as seasoned coaches looking to further refine their approach!’

**Marshall Goldsmith, *New York Times* bestselling author
of *Triggers*, *Mojo* and *What Got You Here Won’t Get You There***

‘Many authors claim that their books coach the coach about the process for how to coach; Julie Starr’s *The Coaching Manual* actually delivers! It’s practical, comprehensive, and eminently readable. For anyone entering the field – start here.’

**L. Michael Hall, Ph.D., author and
developer of *Meta-Coaching***

‘Clear, accurate, well-written, and full of important information that all coaches just need to know! I would absolutely recommend this book to any coach, neophyte or experienced.’

**Chérie Carter-Scott, Ph.D. MCC, author of
If Life is a Game, These are the Rules, *Transformational
Life Coaching* and 15 other titles**

‘*The Coaching Manual* is the most comprehensive, practical, best-illustrated coaching source I have ever seen. It compellingly teaches the mindset of keeping the responsibility on the coach combined with a powerful, realistic skill set.’

**Dr Stephen R. Covey, author of
*The 7 Habits of Highly Effective People***

‘... the most comprehensive book on the practice of coaching that I have come across. If anyone wishes to become a one-to-one coach and only reads one book about it, this could well be that book.’

**Sir John Whitmore, executive chairman,
Performance Consultants International;
author of *Coaching for Performance***

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