

Review of the book *The Complete Handbook of Coaching, 4th Edition*, Edited by Elaine Cox, Tatiana Bachkirova and David Clutterbuck

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Elaine is an experienced author, researcher and editor who previously worked on *The Complete Coaching Handbook of Coaching, 2nd addition*. In addition to being a principal lecturer and leader of programmes for the International Centre for Coaching and Leadership Development at Oxford Brookes University, she also directs and supports the doctoral students on the Doctor of Coaching and Mentoring Programme.

An active researcher, Tatianna is also a Professor of Coaching Psychology and Director of the International Centre for Coaching and Mentoring Studies at Oxford Brookes. Her research challenges the niche area of coaching training and education, moving it away from a purely skills-focused approach.

David is the co-founder of the European Mentoring and Coaching Council and has over 65 books published. He now offers supervision to coaches globally as well as consulting on coaching and mentoring. David is a visiting professor of coaching and mentoring at both Sheffield Hallam and Oxford Brookes universities.

Comprising 3 sections and totalling 34 chapters, *The Complete Handbook of Coaching* is for anyone, trainees or professionals, looking to develop their coaching practice, enhance their leadership skills or develop a personal style of coaching through the exploration of coaching theories and practice. The book covers different genres of coaching, as well as some professional issues that are common amongst practitioners.

Chapters have been carefully curated from practising coaches as well as professors and founders/CEOs of leadership organisations and Human Resources. The 4th edition aims to reflect on the progress the profession of coaching has made over the past 20 years. The editors have justified the new version of the book in order to keep up to date with the ever-evolving profession where constant changes call for a revision of the book every 4-5 years. The book also aims for the authors to share their own insights and research that they have made in recent years. While coaching is a versatile tool used in many areas of life, this book focuses on coaching within organisations which may be particularly useful for educational professionals working within school organisations.

The first two sections of the book are designed to illustrate the links between theoretical traditions and a range of contexts and genres of coaching. The final section looks to explore professional practice issues. The book is well organised and easy to navigate which makes it very accessible. It's an excellent resource for anyone interested in using coaching as part of their professional practice or coaching students looking to create their toolbox. The new chapter on cross-cultural and inclusive practice in coaching was especially useful as a Family Coach who sees a range of clients.

As coaching in education becomes a more prominent area of focus *The Complete Handbook of Coaching* could be a valuable resource for Educational Psychologists looking to enhance their tool box. As an evidence-informed approach, Educational Psychologists can learn how to use coaching tools to support the wider school community, enhance student achievement and wellbeing and incorporate coaching into their own professional practice. By covering a range of theory, *The Complete Handbook of Coaching* should give enough information to support Educational Psychologists in adopting coaching techniques as part of their practice.

As an aspiring coaching psychologist and Family Coach, *The Complete Handbook of Coaching* provokes thought and insight on how one might use coaching techniques when working within an educational setting. Through carefully curated case studies and the new chapter on diversity and inclusion, it's a great instrument for such a profession.



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