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New book shares knowledge and skills for coaching in Serbia

Coaching in Serbia will get a strong boost from a wonderful new resource book written by facilitator and IAF member Slađana Milošević, and published earlier this year by Mobilis Ltd. Entitled "Coaching (Koučing)", this is the second

book about coaching published in the Serbian language.

'Coaching' provides an overview of basic principles, coaching models and techniques, and explains the benefits of coaching for individuals and organizations. The book begins with a brief review of the history of how coaching has developed and is being

used in organizations, and provides some definitions of coaching that are given by different professional associations and different authors.

Terms like Self 1 and Self 2, Flow and Formula: "Performance = potential – interference" are also presented. Research data about the benefits of using coaching are presented and discussed.

The main part of the book describes the skills that coaches should demonstrate and develop, and provides detailed descriptions of coaching models. A coaching program is described in detail from the initial meeting to the final one, and the structure of a typical coaching session is given. The GROW and COACH models are described in detail, along with questions that can be used in each stage of both of these models.

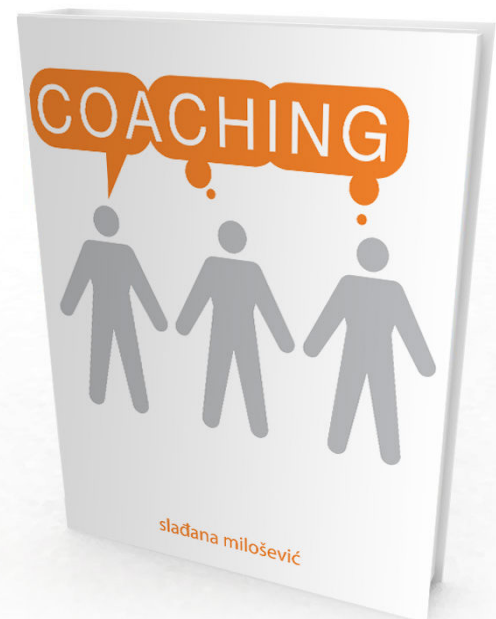
Techniques of summarizing, paraphrasing, reiterating and mirroring are explained and presented, and some sample dialogues are provided.

The book concludes with a description of problems in coaching – at both the individual and organizational level – and discusses how to

develop a coaching culture within an organization.

The 114-page softcover book offers exercises and examples from the coaching practice, and has an extensive reference list, providing 30 sources (books and articles), 10 recommended websites (one in Serbian), and a list of coaching courses and programs is also given at the end of the book.

Slađana also is the author of the first book about coaching written in the Serbian language; it was published by another publisher at the end of October 2008.



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