



Behind Closed Doors: Stories from the Coaching Room

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A presentation of a dozen accounts from experienced executive coaches, this work connects theory with practice by showing what happens inside coaching relationships, and how these relationships can impact both participants. The contributing coaches—each of whom achieved distinctions in their master of science dissertations at Ashridge Business School—offer accounts from a particular aspect of their individual practice, often focusing on such themes as humor, listening, emotions, power, and motivation. Their stories, written in a style that is readily accessible to practicing coaches and senior managers but also rigorous and underpinned by theory, provide transformational insights into the coach's reflections and experiences, the evolving relationships between coach and coachee, and the effects and outcomes for clients.

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