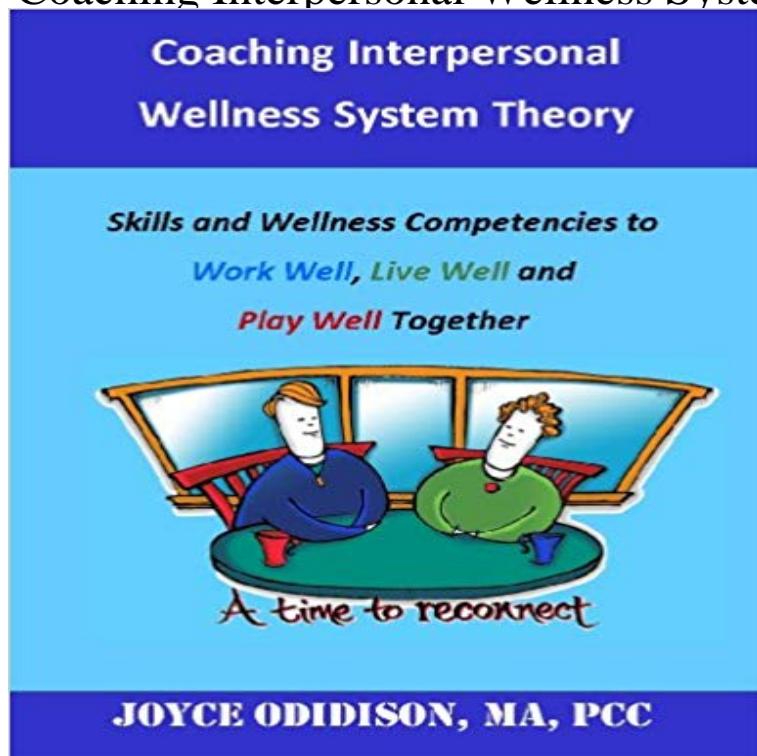


## Coaching Interpersonal Wellness System Theory



Coaching Interpersonal Wellness System theory is a very well put together textbook that outlines a powerful coaching model. The book examines the history, foundation and founding perspectives on coaching. It introduces the integrated wellness system perspective relating personal and interpersonal dynamics. It shows that being well is more than a physical state of being but also the spiritual, social, emotional, occupational, intellectual, environmental, financial and physical state of wellness, which is crucial to the way we experience our relationships with others. The essence of the book is the theory and practice of coaching, galvanizing the learner to think beyond his perspective of wellness to wellness of his interpersonal network. The book expands the concept of coaching and guides the learner to learn and develop their own personal wellness in order to attain maximum personal and leadership development and therefore the very best coach they can become. This book is an ideal recommended reading for any coach training program. This very well researched text offers an engaging discourse appropriate to both a graduate and undergraduate level coach training program. This is one of the most well researched coach training text on the market.

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