



With No Attachment to the Answer

Bob Thomson

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With No Attachment to the Answer is a wonderfully clear book which will help readers to develop an approach to coaching that is primarily non-directive. The first part of the book summarises the basics of coaching and offers the reader some philosophical and psychological ideas that provide a sound foundation for coaching non-directively. The second part describes in an easily accessible style some of the key ideas from a range of approaches, inviting the reader to adopt or adapt those ideas which will fit into and enhance their own coaching practice. The approaches considered are • Metaphor and clean language • Solution-focused coaching • Cognitive behavioural coaching • Motivational interviewing • Transactional analysis • Neuro-linguistic programming • Gestalt The final part explores how a non-directive coaching approach provides a basis for practice in staff development, supervision of coaching, and mediation.

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