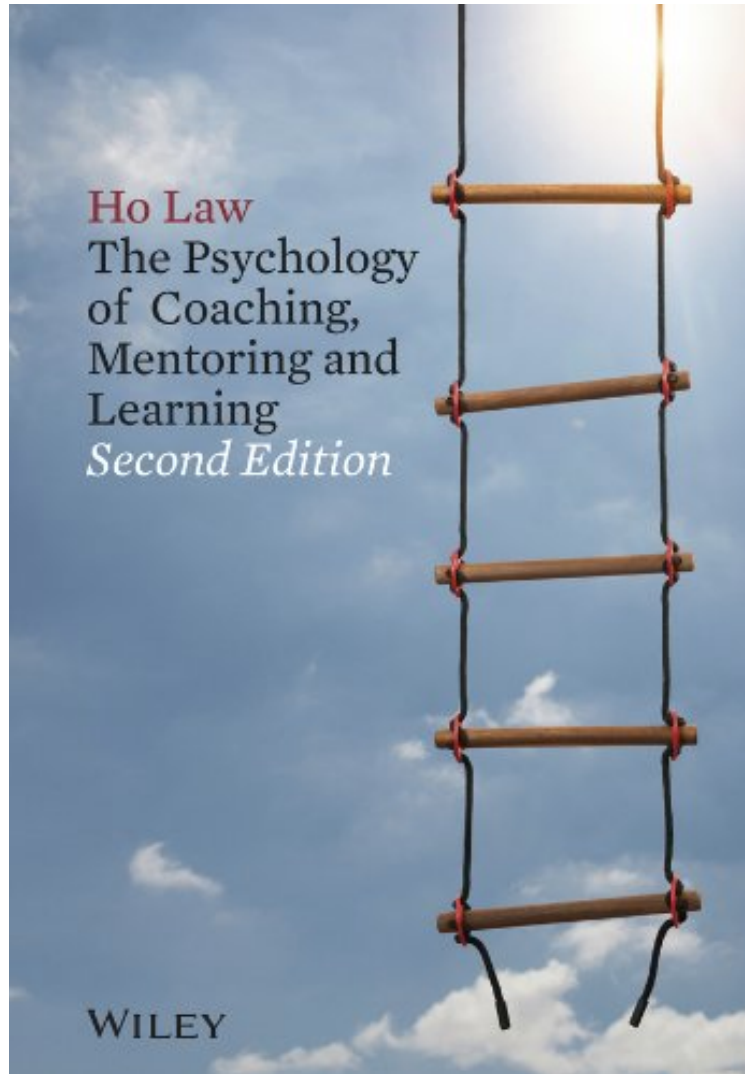


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# The Psychology of Coaching, Mentoring and Learning

*Ho Law*

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**Ho Law : The Psychology of Coaching, Mentoring and Learning** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Psychology of Coaching, Mentoring and Learning:

The Psychology of Coaching, Mentoring, and Learning addresses the psychological principles upon which coaching and mentoring is based, and integrates them in a universal framework for the theory and practice of individual and organizational development. The second edition is updated with the latest research, taking into account the increasing importance of positive psychology and its role in coaching and mentoring with an emphasis on strength, growth, and development. Combining high-level theory with practical applications and case studies, this is an invaluable resource

for coaches, mentors, trainers, psychologists, executives, managers, and students.

Learning is a pivotal theory of the book. Mentoring and coaching can be viewed as a collaborative project for both parts. The narrative approach to mentoring and coaching unfolded by Law can be seen as one of the foundations to create this dialogical space. Professor Reinhard Stelter, PhD, University of Copenhagen In a significant and necessary way, *The Psychology of Coaching, Mentoring, and Learning* adds to the process of professionalising coaching. It brings together a considerable body of psychological theory and research in the area of adult development. This is an excellent reference book for anyone who facilitates the development of others. Hugh O'Donovan, Programme Director, Masters in Coaching Psychology, School of Applied Psychology, University College, Cork. I have known Ho for over a decade as co-founders with fourteen peers of Coaching Psychology in the UK. His work is, as ever, a pleasure to read. It is evidence-based and arises out of a deep and ongoing desire to integrate the head and heart in the continuously evolving fields of coaching, mentoring and learning. Margaret A. Chapman, Chartered Registered Psychologist, Coach, Mentor, Researcher Author Ho Law's book is an invaluable contribution to our emerging profession relevant, robust, and timely. Equally, this book is easily assessable, as it is written in a clear and concise way, blending in the latest in evidence-based practise, alongside the practical application of coaching, mentoring, and learning. Every page is full of rich insight, which will make you think about your practice, today. Katherine Tulpa, Global CEO, Association for Coaching Learning is a pivotal theory of the book. Mentoring and coaching can be viewed as a collaborative project for both parts. The narrative approach to mentoring and coaching unfolded by Law can be seen as one of the foundations to create this dialogical space. Professor Reinhard Stelter, PhD, University of Copenhagen In a significant and necessary way, *The Psychology of Coaching, Mentoring, and Learning* adds to the process of professionalising coaching. It brings together a considerable body of psychological theory and research in the area of adult development. This is an excellent reference book for anyone who facilitates the development of others. Hugh O'Donovan, Programme Director, Masters in Coaching Psychology, School of Applied Psychology, University College, Cork. I have known Ho for over a decade as co-founders with fourteen peers of Coaching Psychology in the UK. His work is, as ever, a pleasure to read. It is evidence-based and arises out of a deep and ongoing desire to integrate the head and heart in the continuously evolving fields of coaching, mentoring and learning. Margaret A. Chapman, Chartered Registered Psychologist, Coach, Mentor, Researcher Author Ho Law's book is an invaluable contribution to our emerging profession relevant, robust, and timely. Equally, this book is easily assessable, as it is written in a clear and concise way, blending in the latest in evidence-based practise, alongside the practical application of coaching, mentoring, and learning. Every page is full of rich insight, which will make you think about your practice, today. Katherine Tulpa, Global CEO, Association for Coaching From the Back Cover *The Psychology of Coaching, Mentoring, and Learning* addresses the psychological principles upon which coaching and mentoring is based, and integrates them in a universal framework for the theory and practice of individual and organizational development. The second edition is updated with the latest research, taking into account the increasing importance of positive psychology and its role in coaching and mentoring with an emphasis on strength, growth, and development. Combining high-level theory with practical applications and case studies, this is an invaluable resource for coaches, mentors, trainers, psychologists, executives, managers, and students.