

The OCM Reading Favourites

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SUMMARY OF FAVOURITES

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1. Core Texts ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Parsloe, E. and Leedham, M. (2022). Edited by Diane Newell	Coaching and Mentoring: Practical Techniques for Developing Learning and Performance, (4 th edition)	3
Starr, J. (2016)	The Coaching Manual, (5 th edition)	3
Elaine Cox, Tatiana Bachirova and David Clutterbuck (2018)	The Complete Handbook of Coaching, (3 rd edition)	3

2. Methodology, Approaches, Models, Tools and Techniques ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Mary Connor and Julia Pokora (2017)	Coaching and Mentoring at Work: Developing Effective Practice, (3 rd edition)	4
Sir John Whitmore (2017)	Coaching for Performance: The Principles and Practice of Coaching and Leadership FULLY REVISED 25TH ANNIVERSARY EDITION	4
Nancy Kline, (2002)	Time to Think	4
Dale, C. & Peyton, P. (2019)	Physical Intelligence: Harness your body's untapped intelligence to achieve more, stress less and live more happily	5
Sheather, Anna (2019)	Coaching beyond words: using art to deepen and enrich our conversations, (1 st edition)	5
Stewart, I. & Joines, V (2012 edition)	TA Today: A new introduction to Transactional Analysis, (2 nd edition)	5
Dr Stephen Briers (2014)	Cognitive Behavioural Therapy (Brilliant Business), (1 st edition)	5
Rooke, D and Torbert, W R, (2005)	Seven transformations of leadership, Harvard Business Review, April 2005	5
Robert M. Sapolsky (2004)	Why Zebras Don't Get Ulcers, (3 rd edition)	6

3. Leadership Coaching ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Day, Ian and Blakey John: (2012)	Challenging Coaching: Going Beyond Traditional Coaching to Face the FACTS (reprint edition)	6
Julie Starr (2017)	Brilliant Coaching – How to be a brilliant coach in your workplace (3 rd edition)	7
Rooke, D and Torbert, W R, (2005)	Seven transformations of leadership, Harvard Business Review, April 2005	7
Goffee, R. and Jones, G. (2019)	Why Should Anyone be Led by You?	7
Smith, WA. Passmore, J. Turner, E. Yu-Ling Lai, Clutterbuck, D. (2023)	The Ethical Coaches' Handbook: A Guide to Developing Ethical Maturity in Practice	7

4. Culture Change and Transformation ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Beck and Cowan (2005)	Spiral Dynamics	8
Frederic Laloux (2014)	Reinventing Organizations: A guide to creating organizations inspired by the next stage in human consciousness (1 st edition)	8

5. Team and Group Coaching ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Wageman R., Nunes D., Burruss, J. and Hackman, R. (2008)	Senior Leadership Teams: What It Takes to make them Great.	8
Peter Hawkins (2021)	Leadership Team Coaching – Developing Collective Transformational Leadership (4 th edition)	9

6. Life and Career Coaching ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
James Clear (2018)	Atomic Habits – An Easy and Proven Way to Build Good Habits & Break Bad Ones, (1 st edition)	9
Julia Yates (2014)	The Career Coaching Handbook	9
Herminia Ibarra (2004)	Working Identity	10

7. Supervision ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Parsloe, E. and Leedham, M. (2022). Edited by Diane Newell	Coaching and Mentoring: Practical Techniques for Developing Learning and Performance, (4 th edition)	10
Henderson P, Holloway, J and Millar, A. (2014)	Practical Supervision: How to become a Supervisor for the Helping Professions	10
Hewson, D & Carroll, M. (2016)	Reflective Supervision Toolkit: Companion Volume to Reflective Practice in Supervision.	11
Proctor, B (2008)	Group Supervision A guide to Creative Practice, (2 nd edition)	11
Schuck C. and Wood, (2011)	Inspiring Creative Supervision	11
Hewson, D & Carroll, M. (2016)	Reflective Practice in Supervision	11

8. Mentoring ([link](#))

AUTHOR / DATE	TITLE	REVIEW PAGE NO
Starr, J. (2014)	The Mentoring Manual: Your step-by-step guide to being a better mentor. (1 st edition)	11

9. Useful Journals and Website ([link](#)) (page 12)

REVIEWS BY CATEGORY

1. Core Texts

AUTHOR / DATE	TITLE / REVIEW
<p>Parsloe, E. and Leedham, M. (2022). Edited by Diane Newell.</p>	<p>Coaching and Mentoring: Practical Techniques for Developing Learning and Performance, (4th edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Anyone undertaking an OCM EQA accredited coaching qualification at Diploma level and beyond; Leads of Mentoring Programmes and Coach Pools; internal coaches; Supervisors undertaking the OCM Diploma in Coaching and Mentoring Supervision. ➤ Why we like the book: Practical, enriched with OCM lived experience plus a range of theories underpinning coaching, mentoring and supervision practice in organisational contexts. ➤ Insight: Latest Edition (4th) is future focused and respectful of the learning legacy from founders. This book is a support to build your confidence and credibility with clients. A book to dip into as and when. ➤ Links: <u>"Formation and Transformation" Gilpin, J and OCM Supervision team from The OCM 2017 Journal</u> <u>"Supervision: Live or Lip Synch" Hill, A.J. in The OCM 2016 Journal</u> <u>"When Backwards is the new Forward", Hill, A.J. 2020 OCM online</u>
<p>Starr, J. (2016)</p>	<p>The Coaching Manual, (5th edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: It is aimed at anyone who wants to continue to develop their coaching knowledge and mindset, whether you have been coaching for years or just starting on your coaching journey. ➤ Why we like the book: It is an incredibly practical book that includes a range of tools, insights and exercises on all the core topics of coaching that will help the reader grow in skills, confidence and ability. It is written so you can dip in and out of the book depending on the area you might want to develop. ➤ Insight: It provides a range of ideas, tools and models that the reader can work through at their own pace. The reflective activities are designed to support you to experiment and review. It's conversational style draws you into the book.
<p>Elaine Cox, Tatiana Bachirova and David Clutterbuck (2018)</p>	<p>The Complete Handbook of Coaching (3rd edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Coaches who want to have an understanding of a large number of different psychological approaches all together in one place. It serves as an excellent introduction to a large number of topics such as CBT, TA, Gestalt, NLP etc and it's a great one to have on the bookshelf as a reference. ➤ Why we like the book: It covers 33 different methodologies – each written by an expert in their field. It means that a coach can get a good handle on an approach by reading a chapter of about 15 pages and then use some of the many references included to go deeper into the topic. ➤ Insight: It has got a very useful section on different contexts and genres that includes chapters on The Manager as Coach, Career Coaching and Internal Coaching – all of

	which are particularly useful for practising internal coaches working within organisations.
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2. Methodology, Approaches, Models, Tools and Techniques

AUTHOR / DATE	TITLE / REVIEW
Mary Connor and Julia Pokora (2017)	<p>Coaching and Mentoring at Work: Developing Effective Practice (3rd edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: People who want to learn about coaching and mentoring – perhaps those who want to build their toolkit. It specifically focuses on a model called the Skilled Helper Framework (SHF) which does develop a coach beyond the more standard GROW model, by bringing in more depth to really help the client to help themselves and get beneath the surface of their issue. ➤ Why we like the book: It's very pragmatic and they bring the SHF to life very effectively. They also have a chapter which explores other commonly known tools used in more general management development that can be very useful to employ as a coach or mentor. ➤ Insight: Their differences between coaching and mentoring are very clear and can be useful when people are struggling to understand the similarities and differences between these two interventions. Plus, the SHF itself and the need to really explore the 'what' before you get into the 'how'.
Sir John Whitmore (2017)	<p>Coaching for Performance: The Principles and Practice of Coaching and Leadership FULLY REVISED 25TH ANNIVERSARY EDITION</p> <ul style="list-style-type: none"> ➤ Who is the book for: Those new to coaching (coaches who are just starting out, managers and leaders) and also the more experienced. The book introduces the well-known GROW model, which is a mainstay of coaching and mentoring training and development. ➤ Why we like the book: A practical book offering sound advice and ideas on how to take a coaching approach, steps to use and questions to ask. Easy to read from start to end or as a reference book to dip into. ➤ Insight: Sir John Whitmore was a racing driver in the 1960's. He was a pioneer of bringing coaching into the workplace from the sporting arena. He co-founded GROW which is one of the most widely used and recognised coaching models in the world. Sir John died in 2017 and leaves a significant legacy in the world of coaching. ➤ Links: Performance Consultants, Performance Coaching Training & Consulting for Business & Individuals
Nancy Kline (2002)	<p>Time to Think</p> <ul style="list-style-type: none"> ➤ Who is the book for: Coaches, mentors, managers and anyone who wants to think or help others think better and more fully. ➤ Why we like the book: By defining the components of a thinking environment Nancy Kline enables us to set up our conversations to enable rather than disable thinking. The ideas are not difficult to grasp but putting them in to practice consistently is challenging – we like the practice focussed way the book is written.

	<ul style="list-style-type: none"> ➤ Insight: Perhaps the greatest insight is that when we know we will not be interrupted, and when we are gifted real attention from a listener the quality of our thinking is elevated, and our minds expanded. ➤ Links: https://www.youtube.com/channel/UCNF-NcrXmaOHP1KmlxluNOW
Dale, C. & Peyton, P. (2019)	<p>Physical Intelligence: harness your body's untapped intelligence to achieve more, stress less and live more happily</p> <ul style="list-style-type: none"> ➤ Who is the book for: Any coach who is clear about the importance of good health...for our clients and ourselves. Particularly appropriate for experienced coaches wishing to reflect in their personal coaching style their interest/passion for a holistic approach. ➤ Why we like the book: Suitable for dip in and out as required, chatty and accessible in tone, contains a wealth of science-based evidence and offers many exercises that can be adapted into coaching.
Sheather, Anna (2019)	<p>Coaching beyond words: using art to deepen and enrich our conversations (1st edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Developing and experienced coaches keen to incorporate creativity to their coaching conversations. ➤ Why we like the book: Great at explaining the reasons why art in coaching works and gives useful tips on how to set up for success
Stewart, I. & Joines, V (2012)	<p>TA Today: A new introduction to Transactional Analysis (2nd edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Developing and experienced coaches as it offers an accessible theory to explain everyday human behaviour. ➤ Why we like the book: Easy to dip into to refresh on theory, accessible in tone and straightforward readable language.
Dr Stephen Briers (2014)	<p>Cognitive Behavioural Therapy (Brilliant Business), (1st edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Coaches who want to be introduced to how CBT can inform their practice in a very pragmatic way, enabling them to draw sufficient understanding of a psychological approach that they can then apply in a confident and safe way. ➤ Why we like the book: It shows how CBT has stronger evidence to support its effectiveness than many other psychological approaches. It's an easy read and it introduces some tools and techniques that are easy to apply. ➤ Insight: The use of a thought record technique that I combined with mindfulness to produce a framework that helped my clients working with negative thinking patterns
Rooke, D and Torbert, W R (2005)	<p>Seven transformations of leadership, Harvard Business Review, April 2005</p> <ul style="list-style-type: none"> ➤ Who is the article for: People who are interested in vertical development and the shifts in mindset it creates, and specifically its impact on leaders. ➤ Why we like the article: It's an approachable and easily read explanation of vertical development that is usefully shared with leaders, and in particular for leaders transitioning into post conventional thinking. There are similarities in the model to the Spiral Dynamics approach. ➤ Insight: The majority of leaders will be in late conventional stages of vertical development, and most organisations are set up to encourage and reward thinking to

	<p>those levels. Individuals entering early post-conventional phases may find themselves at odds with organisational culture and struggling to make sense of the changes in their thinking. At the same time given the complexity of organisations there is a need to encourage development to later stages in leadership development.</p> <p>➤ Links: https://hbr.org/2005/04/seven-transformations-of-leadership</p> <p>➤ Other Category: Leadership</p>
Robert M. Sapolsky (2004)	<p>Why Zebras Don't Get Ulcers (3rd edition)</p> <p>➤ Who is the book for: Anyone interested in how and why stress occurs and the impact of long terms stress on the human body and mind.</p> <p>➤ Why we like the book: This is a third edition of the book which includes chapters on sleep disorders and addictions, gender difference, anxiety, weight gain etc. It's a book for us as individuals and also a useful perspective for us in our work as coaches and mentors with our clients. Written with humour, practical advice and divided up into smaller sections meaning it can easily be used as a reference book.</p> <p>➤ Insight: As the title suggests, Sapolsky's work explains that when we worry or experience stress, our body turns on the same physiological responses that an animal's body does, but we usually do not turn off the stress response in the same way -through fighting, fleeing or other actions. Over time, this chronic activation of the stress-response literally makes us sick.</p>

3. Leadership Coaching

AUTHOR / DATE	TITLE / REVIEW
Day, Ian and Blakey John: (2012)	<p>Challenging Coaching: Going Beyond Traditional Coaching to Face the FACTS (reprint edition)</p> <p>➤ Who is the book for: Coaches who are looking to introduce a stronger and more deliberate level of challenge into their coaching work and who would like a useful framework which supports that challenge.</p> <p>➤ Why we like the book: It sets out clearly why some forms of non-directive, supportive coaching doesn't fully serve clients. And then highlights key areas in which we can introduce more challenge to our clients according to 5 areas, described in the FACTS model. It has practical tips as well as encouraging reflection on the part of the coach around what happens when a more challenging approach is used.</p> <p>➤ Insight: It's fairly straightforward, and potentially over-states the limitations of a more non-directive / supportive approach. But it is essential reading for anyone who wants to challenge themselves to be more challenging more consistently</p> <p>➤ Links: https://www.youtube.com/watch?v=oMluGErWVrs https://www.youtube.com/watch?v=0mokyzzt-vM</p>

<p>Julie Starr (2021)</p>	<p>Brilliant Coaching – How to be a brilliant coach in your workplace</p> <ul style="list-style-type: none"> ➤ Who is the book for: Anyone with line responsibility who wants to develop their coaching style at work or for coaches who are interested in her practical techniques and insights. ➤ Why we like the book: A practical and or straightforward read for new managers or those who have led others for some time. Packed with practical steps, hints and tips, explanations and suggestions that enable greater people engagement and help people to grow. ➤ Insight: Julie Starr is an experienced coach. This book, like her others is an engaging and easy read and well worth the time it takes to read – anyone reading this book is bound to take something of value from it.
<p>Rooke, D and Torbert, W R, (2005)</p>	<p>Seven transformations of leadership, Harvard Business Review, April 2005</p> <ul style="list-style-type: none"> ➤ Review: please kindly see section 2 “<i>Methodology, Approaches, Models, Tools and Techniques</i>”, page 5 to read the review on this article.
<p>Goffee, R. and Jones, G. (2019)</p>	<p>Why Should Anyone be Led by You?</p> <ul style="list-style-type: none"> ➤ Who is the book for: For coaches who want to help their clients develop a more authentic leadership approach, in particular for people who feel inauthentic/ awkward or are suffering from ‘imposter syndrome’. It’s also great reading for clients who wish to address these issues. ➤ Why we like the book: It’s very well-written and accessible. It includes a lot about what authentic presence is all about, as well as exercises and practical things to do to improve in this area. The mantra “Be yourself, more, with skill” is a really useful way of approaching this topic and also give shape to the coaching you can do with clients – helping them to work out who they are and what they value; embody this authentically and consistently; and then work out how to do this in the right way given the situations they are in and what they people around them need. ➤ Insight: It’s a great book and for some clients the messages here around authentic presence can be the heart of much of the coaching work. ➤ Links: https://www.youtube.com/watch?v=npCokAAOmHs
<p>Smith, WA. Passmore, J. Turner, E. Yu-Ling Lai, Clutterbuck, D. (2023)</p>	<p>The Ethical Coaches’ Handbook: A Guide to Developing Ethical Maturity in Practice</p> <ul style="list-style-type: none"> ➤ Insight: OCM Consultant Supervisor and former Head of Supervision contributed to Chapter 4 and the initiative overall, in her capacity as EMCC Global Centre for Excellence, Ethics Lead. Wide range with 25 chapters exploring many aspects and questions about ethics in coaching, mentoring and supervision practice plus 12 case studies. ➤ Why we like the book: From theory and academic critical reflection to guidance on practical application. Expensive book, just short of 500 pages but worth a dip into for the chapters that resonate or you feel curiously drawn or resistant to.

4. Culture Change and Transformation

AUTHOR / DATE	TITLE / REVIEW
Beck and Cowan (2005)	<p>Spiral Dynamics</p> <ul style="list-style-type: none"> ➤ Who is the book for: People who wish to understand the value systems that drive individuals and organisations - and get 'under the surface' of why different people see the world so differently. ➤ Why we like the book: It's a deep and insightful way of explaining individual and organisational behaviour as well as aspects of culture. Once you've read it, you'll see the world in a different way. And be able to help people who are dealing with large scale change to grasp the complexity of what they are trying to do. ➤ Insight: It's complex and raises a lot of questions (and answers only some of them). But it's a great contribution to understanding complexity. ➤ Links: https://www.youtube.com/watch?v=23aDNBvn_2g https://www.youtube.com/watch?v=0IKXspnReRs ➤ Other Category: Transformation or Systemic Approaches
Frederic Laloux (2014)	<p>Reinventing Organizations: A guide to creating organizations inspired by the next stage in human consciousness (1st edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Anyone interested in communities and organisations, in how our paradigms of both have shifted over time, and where we might be going next. Particularly of value to coaches or leaders working and thinking post conventionally. ➤ Why we like the book: A bit like Spiral Dynamics this book helps us to see how the 'paradigm' in which we operate whether at a community or organisational level, impacts on how we perceive, respond to and operate in our environment. ➤ Insight: Laloux suggests that as a species we are going through a shift in consciousness that will lead us to new ways of understanding the purpose of organisations, how we come together to collaborate in more authentic, purposeful and soulful ways. ➤ Links: https://www.reinventingorganizations.com/watch-listen-read.html https://youtu.be/GxGGkrtKZaA ➤ Other Category: Systemic Approaches

5. Team and Group Coaching

AUTHOR / DATE	TITLE / REVIEW
Wageman R., Nunes D., Burruss, J. and Hackman, R. (2008)	<p>Senior Leadership Teams: What It Takes to make them Great.</p> <ul style="list-style-type: none"> ➤ Who is the book for: Coaches working with senior teams. Coaches who are looking to understand the differences between working with senior teams (and Top Teams) – versus working with teams with less strategic remit.

	<ul style="list-style-type: none"> ➤ Why we like the book: The model of the 6 different enablers of senior leadership teams is unique and is well worth knowing and understanding. The book then breaks down each of these enablers and shows how a team coach can work to enhance all of these. There are also some great tips for how team coaches need to work when working with senior teams, including practical tools as well as insights into how to build credibility and trust as team coaches when operating at that level. ➤ Insight: The techniques here are best when combined with more fundamental team coaching approaches including psychometrics, Lencioni’s framework, strategy clarification exercises etc. ➤ Links: https://lifeandleadershippodcast.libsyn.com/creating-superb-teams-using-6-team-conditions-with-dr-ruth-wageman-and-dr-kristen-low
Peter Hawkins (2021)	<p>Leadership Team Coaching – Developing Collective Transformational Leadership 4th edition</p> <ul style="list-style-type: none"> ➤ Who is the book for: Coaches who are beginning to work with teams or leaders wishing to gain greater insight and practical process for their team development. ➤ Why we like the book: This is a comprehensive package which takes the reader through an in-depth exploration of teams, transforming teams, working with different types of teams, coaching the board, the team as a system and the system beyond the team ➤ Insight: Updated in 2021 the book gives a compelling argument for the importance of high performing and functioning teams in the business world and is a comprehensive guide for the coach or leader, engaged in this work.

6. Life and Career Coaching

AUTHOR / DATE	TITLE / REVIEW
James Clear (2018)	<p>Atomic Habits – An Easy and Proven Way to Build Good Habits & Break Bad Ones (1st edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: This could be classed as a self-help book but is equally useful as an insight for those working as coaches and mentors. ➤ Why we like the book: James Clear sets out an easy-to-follow approach to replace unhelpful and/or bad habits with good ones. The book has plenty of examples, diagrams and step by step approaches which make it an engaging and practical read. ➤ Insight: This is an acclaimed book, with a massive following. James Clear explains that it’s our systems which let us down (not us personally) and by adopting better habits, we can make significant change happen. I like that it turns the long-term focus of goals on it’s head and looks at how we can use incremental change in order to be better versions of ourselves. ➤ Links: James Clear
Julia Yates, (2022)	<p>The Career Coaching Handbook, (2nd edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: This book is aimed at the professional or aspiring career coaching practitioner.

	<ul style="list-style-type: none"> ➤ Why we like the book: This is a very comprehensive and accessibly written introduction to career coaching. It is in 3 parts: Theories of career; Career coaching approaches; Coaching into the world of work. It successfully combines both theory and techniques that can be practically used to help clients. As the author says, it is very much a resource rather than a narrative. ➤ Insight: It reflects back to us what kind of decisions we take during our careers and offers evidence-based approaches underpinned by solid research. Most helpful for Coaches supporting clients who are looking for a future-focused, action-oriented approach.
Herminia Ibarra (2004)	<p>Working Identity</p> <ul style="list-style-type: none"> ➤ Who is the book for: The book is aimed at people who are considering a mid-career transition. We would also suggest that it sets out some valuable thinking for Coaches who are supporting clients in their own careers. ➤ Why we like the book: This book tells the stories of thirty-nine people who changed careers and analyses their experiences through the lens of psychological and behavioural theories and then presents an alternative model of career reinvention. Ibarra talks about “doing” rather than simply “thinking”, trying out a number of “possible selves” rather than searching for our “one true self” based on her in-depth research. ➤ Insight: Ibarra does not set out a neat and tidy, step-by-step to do list because everybody's path will be different. The book does, however, end with 9 unconventional principles that will guide a search to a more fulfilling job or career. ➤ Links: Working Identity - Nine Unconventional Strategies For Reinventing Your Career - HBS Working Knowledge - Harvard Business School

7. Supervision

AUTHOR / DATE	TITLE / REVIEW
Parsloe, E. and Leedham, M. (2022). Edited by Diane Newell.	<p>Coaching and Mentoring: Practical Techniques for Developing Learning and Performance, (4th edition)</p> <p><u>Supervision Chapters</u> Chapter 7: Supervision for Coach or Mentor: Chapter 7 Chapter 13: Supervision in Practice: Chapter 13 Chapter 15: Coaching and Mentoring in the System and Impact of Culture</p> <ul style="list-style-type: none"> ➤ Review: please kindly see the section 1 “Core Texts” page 3 to read the review on this book.
Henderson P, Holloway, J and Millar, A. (2014)	<p>Practical Supervision: How to become a Supervisor for the Helping Professions</p> <ul style="list-style-type: none"> ➤ Who is the book for: Candidates on the OCM Intro and Full Diploma in Coaching and Mentoring Supervision

	<ul style="list-style-type: none"> ➤ Why we like the book: Well structured. An essential tool for any supervisor, covering a range of contexts with reflection points to link to your own practice. Pays attention to the ethics of supervision. Bibliography in this book also helpful for further reading.
Hewson, D & Carroll, M. (2016)	<p>Reflective Supervision Toolkit: Companion Volume to Reflective Practice in Supervision.</p> <ul style="list-style-type: none"> ➤ Who is the book for: Novice and Experienced Supervisors. Recommended for Intro to Diploma in Coaching and Mentoring Supervision when working with Groups. ➤ Why we like the book: 60 pages of reflective techniques to use thoughtfully and with care in 1-2-1 and Groups. Useful to have to hand when working online. Has been used many times within OCM Practice Net with mixed groups of experienced and novice practitioners.
Proctor, B (2008)	<p>Group Supervision A guide to Creative Practice, (2nd edition)</p> <ul style="list-style-type: none"> ➤ Who is the book for: Candidates on the Full Diploma in Coaching and Mentoring Supervision and may also be of interest for Coaching Senior Teams. ➤ Why we like the book: It's a classic. There are very few books on Group Supervision. Guide to understanding and working with the complexities and dynamics in groups in supervision ➤ Insight: Available in Public Libraries in the Counselling section, and second hand online. Worth a look for insight into psychological processes and for the 'Russian Dolls' approach to contracting for group supervision.
Schuck C. and Wood, J (2011)	<p>Inspiring Creative Supervision</p> <ul style="list-style-type: none"> ➤ Who is the book for: Candidates on the Intro and Full Diploma in Coaching and Mentoring Supervision ➤ Why we like this book: A shorter and easier read to the creative basics. Theories, case studies and practical exercises.
Hewson, D & Carroll, M. (2016)	<p>Reflective Practice in Supervision</p> <ul style="list-style-type: none"> ➤ Who is the book for: Candidates on the Full Diploma in Coaching and Mentoring Supervision and those Practitioners who want to become more effective in their supervision. ➤ Why we like this book: Reflective stances to use in supervision from well-respected thought leaders in Supervision. Attention to safe space for a co-created relationship. ➤ Insight: Practical, with reflective points and mini case studies. A book you could skim read but sustained curiosity, <u>time</u> and willingness to engage is needed. Worth your attention, not the easiest read.

8. Mentoring

AUTHOR / DATE	TITLE / REVIEW
Starr, J. (2014)	<i>The Mentoring Manual: Your step-by-step guide to being a better mentor. (1st edition)</i>

	<ul style="list-style-type: none"> ➤ Who is the book for: People who are looking to develop the core skills of mentoring. Also, coaches who are looking to supplement their coaching skills with effective mentoring techniques, and pivot skilfully between the two stances of coaching and mentoring. ➤ Why we like the book: It's solid and technically grounded with a good mix of theory and practical exercises to do. You feel as if you're in safe hands when reading it and applying the techniques. ➤ Insight: It very much "does what it says on the tin" – gives you the essentials of mentoring and is readable and accessible with a strong technical base. ➤ Links: https://www.youtube.com/watch?v=CJHtjPFg3MA https://www.youtube.com/watch?v=G3q8kEn_nsg
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9. Useful Journals, Websites and Links

	TITLE
Journals	<ul style="list-style-type: none"> ➤ Career Development International, MCB University Press. ➤ Leadership and Organisation Development Journal, MCB University Press. ➤ Mentoring and Tutoring, Stoke-on-Trent: Trentham Books. ➤ Mentoring, London: Incomes Data Services. ➤ People Management, Chartered Institute of Personnel and Development. ➤ Coaching at Work ➤ Reflections: New Trends in Training and Development: Experts' views on the Training and Development Survey Findings, London: Chartered Institute of Personnel & Development. ➤ Training and Development: Survey Reports, London: Chartered Institute of Personnel & Development. ➤ The OCM Journals 2015-2020
Useful Websites and Links	<p>Articles on a range of coaching topics: https://hbr.org/topic/coaching https://hbr.org/2021/04/managing-a-chronic-complainer</p> <p>TED talk - What makes a good life? Lessons from the longest study on happiness https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness/discussion</p> <p>Podcast - You Always Have a Choice with Dr Edith Eger https://drchatterjee.com/auschwitz-survivor-dr-edith-eger-on-how-to-discover-your-inner-power/</p> <p>Michael Bungay Stanier – 7 questions approach: https://open.spotify.com/episode/4CrlqIUZphQfjUObOE4Suh</p> <p>The Drama Triangle https://www.forbes.com/sites/remyblumenfeld/2018/12/07/how-to-transform-your-relationships-by-getting-creative/?sh=7f216e827565</p> <p>Brené Brown on Empathy https://www.youtube.com/watch?v=1Evwgu369Jw</p>

	<p>Radical Candor – The Surprising Secret to Being a Good Boss First Round Review https://www.youtube.com/watch?v=4yODaILQ2IM&t=113s</p> <p>Ted Talk: Everyone Needs a Coach https://www.youtube.com/watch?v=iGeiJBN5P2k</p>
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<http://www.theocm.co.uk>

<http://www.emccouncil.org>

<http://www.cipd.co.uk>

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