



Narrative coaching: Bringing our new stories to life

David B Drake

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For the first time ever, everything you need to know about how to work with people's stories in coaching is in one place! In this inspiring and groundbreaking book, you will:

- Learn from the world's leading expert who has taught over 10,000 people around the world
- Learn the core theoretical foundations for narrative coaching and be inspired by its provocative principles
- Learn the tools you need to coach without goals yet still attain breakthrough results for people
- Learn a powerful process which mirrors how people change and develop so they finish prepared for success

The book is a graduate course and a master practitioner's inside guide all rolled into one. It is well-suited for use in graduate and advanced level coaching programs. It can also be used by professionals who are looking for transformational methods of working with people's stories. For example, you will learn how to:

- Use attachment theory to help people release stubborn patterns and authentically move forward
- Use people's Shadow to temper their strengths and attain more of what is important to them
- Use radical presence and silence to hold the space for people to get to the crux of matters
- Use one simple model and experiential methods to help people change their stories and their lives

The six narrative coaching principles

- Trust that everything you need is right in front of you.
- Be fully present to what IS without judgment.
- Speak only when you can improve on silence.
- Focus on generating experiences not explanations.
- Work directly with the narrative elements in the field.
- Stand at the threshold when a new story is emerging.

This is a rare book that offers an inside look at the author's journey as the founder of the field, an extensive summary of its theoretical foundations and a practical guide to its use supported through numerous case stories.

It will change the way you think about and practice coaching. It offers much needed insights and evidence-based guidance at a time when many of us are searching for new narratives about our life, our work and our world.

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