

Philosophy of Coaching

An International Journal

Volume 1, Number 1

October 2016

Philosophy of Coaching: An International Journal

Volume 1, Number 1, 2016

Front Matter

Welcome to the first issue of *Philosophy of Coaching: An International Journal*.

We started the journal because we saw a need for a more rigorous discourse on the nature and value of coaching – one that brings clarity to conceptual distinctions, awareness of orienting assumptions, and deeper understanding of best practices.

We looked to fill this need by:

- Initiating and sustaining a rigorous, relevant inquiry into the nature and value of coaching
- Clarifying assumptions embedded in the teaching and practice of coaching
- Critically examining and exploring the implications of empirical research in the field
- Situating the field and the practice of coaching within a broader socio-cultural and historical frame
- Exploring the structure and impact of the institutions defining and governing the field

To get the ball rolling, we put together a Call for Papers for a first issue with the theme ‘A coach approach.’

We wanted to know:

- Is there such a thing as a ‘coach approach,’ and if so, what defines it (i.e. what are its necessary and sufficient conditions)?
- How is the client (or human subject) understood in a coach approach (especially insofar as this may differ from other, comparable approaches i.e. counseling, psychotherapy, education)?

- What theories of learning are implicit in a coach approach?
- What values are embedded in a coach approach (either explicitly or implicitly)?
- What are the philosophical precursors of a coach approach (i.e. Plato, Rousseau, Freire) and how does a coach approach differ from these precursors?

We received a good number of submissions and after a peer review and revision process we are now in a position to present this issue, which contains articles that answer these questions, and more, using a variety of different methodologies.

Thomas Krapu, in his article 'Coaching from a philosophy of science perspective,' compares psychotherapy and coaching to identify the 'view of personhood' that coaching promotes, including a discussion of how this view of personhood might impact the world beyond coaching.

Daniel Doherty, in his article 'The evolution of one practitioner's coach approach: Taking the coaching turn,' adopts an auto-ethnographic approach to identifying the antecedents of coaching, situating his own experience in relation to the experience of coaches entering the market today.

Michael Cherry and Sheila Boysen-Rotelli, in their article 'What theories of leadership are implicit in a coach approach?' review the literature on leadership coaching and identify three theories at the heart of a coach approach to leadership development.

James Larcus, Todd Gibbs and Tyler Hackmann, in their article 'Building capacities for change: Wellness coaching as a positive approach to student development,' clarify the underlying philosophies of different interventions supporting student health and wellbeing in order to better understand which student wellness programs are most effective.

Hayley Hesseln and Janice Gair, in their article 'Bridging the gap between higher education and the workforce: A coach approach to teaching,' draw on their experience as university educators to make the case that a coach approach to teaching increases students' likelihood of becoming life-long learners and thus better prepares them for the workplace.

Sue Jackson and Andrew Parsons, in their article 'Developing principles for therapeutic coaching: A UK perspective,' draw on their experiences working with people suffering from chronic medical conditions and mental health issues to propose principles and frameworks for therapeutic coaching as an alternative to psychotherapy.

Lastly, my own article, 'Bridging the coaching/therapy divide: What Co-Active coaches can learn from ACT (Acceptance and Commitment Therapy),' seeks to better understand the distinction between coaching and therapy at a time when legislation in Ontario, where I live and work, is being introduced that regulates psychotherapy.

We also have four Book Reviews, focused on mindset, peak performance, effective decision-making and behavioral change.

We invite you to engage with us further in one or more of the following ways:

- Tell your colleagues about the journal. They can subscribe for free by visiting philosophyofcoaching.org/subscribe
- Offer your services as a peer reviewer for future issues of the journal
- Contribute an article to the next issue of the journal. The Call for Papers is on our website at philosophyofcoaching.org
- Suggest possible themes for future issues

You can always get in touch with me directly at julian@philosophyofcoaching.org.

We hope you enjoy this issue of the journal, and that the articles in this and future issues help you clarify your own personal philosophy of coaching.

Julian Humphreys
Editor-in-Chief and Publisher

Acknowledgements

We are indebted to the following people who contributed their time, effort and enthusiasm to this first issue.

Tatiana Bachkirova

Tony Fusco

Judith Hashimoto

Konstantin Korotov

Amanda Matejicek

Elizabeth McCourt

Evelina Rog

Geoff Scales

Garry Schleifer

Jessica Sherin

Ira Wells

Troy Yorke

We are also grateful to Joel DiGirolamo, of the International Coach Federation, and Irina Todorova, of the Institute of Coaching, for helping us get the word out about the journal.

The Public Knowledge Project's open source software and online technical support made the submission and peer review process that much easier than it would otherwise have been.

Lastly, thanks to my co-editor for this issue, Tamara Pravica, who was a great source of strength and support.

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