

SYSTEMIC COACHING AND CONSTELLATIONS: AN INTRODUCTION TO THE PRINCIPLES, PRACTICES AND APPLICATION BY JOHN WHITTINGTON



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An introduction to the principles,
practices and application



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Review

"In Systemic Coaching and Constellations, John Whittington provides an insightful but practical stepping-stone for coaches wanting to embrace a systemic approach in their practice. I do not think it is possible to be truly effective as a coach without supporting the client to become more aware of the systems in which they belong. Coaching the client must inevitably involve coaching the system. The principles and practices explored in this book are a starting point for the coach's journey towards this way of working." (David Clutterbuck, co-founder and lifetime ambassador of the European Mentoring and Coaching Council and founder of Clutterbuck Associates)

"John is a delight to listen to and a joy to read. His voice is clear and authoritative, whilst acknowledging the rich possibilities of perspectives that have yet to be discovered. His lucid explanations built on his depth of experience are in my view essential reading for coaches at this time." (Alison Hardingham, Executive Coach and Author)

About the Author

John Whittington is an individual and team coach with a broad portfolio of clients that includes entrepreneurs, executive leaders and public figures. He facilitates regular constellation workshops in corporate environments and leads a small teaching team who share the systemic coaching and constellations approach with other professional coaches internationally. You can find out more about John and his work by visiting: www.CoachingConstellations.com

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Systemic Coaching and Constellations offers a refreshingly uncomplicated path into a potentially complex subject, demonstrating how this approach can provide access to systems and deliver enduring benefits for coaching clients. The book offers a comprehensive introduction to the principles that sustain systems, real world descriptions of what systemic coaching is and how it can be useful as well as a step-by-step guide to integrating the principles and practices into coaching. Highly practical, it includes a wide range of exercises for application with individuals and teams. It also includes case studies from the author's own work, a joint ICF/EMCC constellation workshop and examples from coaches around the world, including Australia, Mexico, Spain and the Netherlands. Whether used in an initial selection meeting or to underpin all your coaching conversations and interventions, Systemic Coaching and Constellations offers an accessible, practical starting point to transform your coaching practice.

With a Foreword from David Clutterbuck

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Most helpful customer reviews

2 of 2 people found the following review helpful.

A worthy 2nd Edition of a Systemic Coaching classic!

By Bill Johnson

The 2nd Edition of "Systemic Coaching and Constellations" by John Whittington is a very important update that extends his work in bringing the ideas behind Hellinger's family constellations into the world of organizational systems. John has a beautiful way of simplifying difficult concepts, and here he provides a foundation for systemic constellations built around TIME, PLACE, and EXCHANGE.

This edition has a new chapter titled "Belonging: Conscience, guilt and innocence" which for me was worth the price of the book. Whittington illustrates how we are all born into a family system, and through our lives we demonstrate a need to belong to the systems we encounter, all of which can cause entanglements. Systemic constellations provide a way of visualizing and working through those entanglements. Whittington describes the layers of personal conscience, organizational conscience and systemic conscience -- which can work at cross-purposes to each other. The ground-breaking idea behind conscience is that innocence is what we try to maintain to belong to a system, while guilt is what we feel when we leave a system or "betray" its values. When you take the time to truly internalize the concepts here, it can completely change the way you look at, interact with, and bring change to organizational systems.

The other chapter I'd like to mention was the final chapter, "The F word: Familiar patterns." This chapter is about unlocking your own system of family origin, and for me it was a life-changer. Whittington explains a couple of techniques, that done in the right place and with an open heart, can unlock a wealth of resources and strength that can be found in one's family system. The expansion of my own heart and soul that came from these exercises has taken my coaching to a completely new and different level.

1 of 1 people found the following review helpful.

Five Stars

By Sharon L. Spano

What an eye-opener. Truly has changed the way I think about my clients, my business, my life.

4 of 4 people found the following review helpful.

Excellent Book on Coaching

By Bruce M. Anderson

As a Certified Master Coach, I have coached for 20 years and have a number of tools in my toolbox. This is a new and exciting process for me and I believe it will deepen clients awareness of their world and how they are in it. I have already used some of the simpler approaches and it was very effective. I can see that this will take some study. I would recommend this book to any coach who is interesting in expanding their coaching capabilities.

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Based on some encounters of many people, it is in truth that reading this **Systemic Coaching And Constellations: An Introduction To The Principles, Practices And Application By John Whittington** can help them to make much better choice and give more encounter. If you wish to be one of them, allow's purchase this publication Systemic Coaching And Constellations: An Introduction To The Principles, Practices And Application By John Whittington by downloading and install guide on web link download in this site. You can obtain the soft file of this publication Systemic Coaching And Constellations: An Introduction To The Principles, Practices And Application By John Whittington to download and also put aside in your available digital tools. Exactly what are you awaiting? Allow get this book Systemic Coaching And Constellations: An Introduction To The Principles, Practices And Application By John Whittington on-line and read them in at any time and any sort of area you will review. It will certainly not encumber you to bring hefty publication Systemic Coaching And Constellations: An Introduction To The Principles, Practices And Application By John Whittington inside of your bag.

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