
Contents

	Acknowledgments	ix
	Introduction	xi
<u>PART ONE</u>	Emotional Intelligence as a Foundation for Effective Coaching	1
<u>CHAPTER 1</u>	Connecting Emotional Intelligence and Coaching	3
<u>CHAPTER 2</u>	The Business Case for Building Emotional and Social Effectiveness in Coaching	17
<u>PART TWO</u>	Building Emotional and Social Effectiveness Strategies in Your Client	27
<u>CHAPTER 3</u>	Valuing Self	31
<u>CHAPTER 4</u>	Valuing Others	47
<u>CHAPTER 5</u>	Responsive Awareness	63

<u>CHAPTER 6</u>	Courage	85
<u>CHAPTER 7</u>	Authentic Success	103
<u>PART THREE</u>	Developing the Coach	121
<u>CHAPTER 8</u>	Emotions as a New Field of Learning	123
<u>CHAPTER 9</u>	Developing Your Own Emotional Awareness as a Coach	141
<u>PART FOUR</u>	Case Studies	159
<u>CHAPTER 10</u>	Coaching to Enhance, Develop, and Strengthen Emotional and Social Competencies in Government Leaders	161
<u>CHAPTER 11</u>	Case Examples	177
	Conclusion	189
	References	191
	Resources	195
	Index	197
	About the Authors	205