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Cognitive behavioural coaching (CBC) is a corporate and personal coaching technique used to enable those restricted by emotional or psychological barriers to reach their goals. It was derived and developed from two separate source techniques - firstly, Cognitive Behavioural Therapy (CBT), which was outlined in its contemporary form by psychiatrist and professor, Aaron Temkin Beck.

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Cognitive-Behavioural Coaching aims to help clients gain a perspective about whatever is at the root of that person's difficulty. Coach and client work collaboratively to identify what might be stopping an individual from reaching his or her full potential and what action is needed to take charge of their situation.

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With its origins in counselling, Cognitive Behavioural Coaching (CBC) is a powerful coaching model that draws on evidence based psychological models. The strategies, activities, techniques and exercises used are effective in helping individuals identify and challenge individual thoughts, feelings and behaviours that are self-defeating.

Cognitive Behavioural Coaching Works | Coaching That Works ...

Cognitive Behavioural Coaching in Practice: An Evidence Based Approach (Essential Coaching Skills and Knowledge) Paperback - 30 Nov. 2011. by Michael Neenan (Editor) 4.8 out of 5

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CBC is “a fusion of Cognitive Behavioral Therapy, rational emotive therapy, solution-focused approaches, goal setting theory and social cognitive theory” (Ascent Coaching). In the coaching context, CBT also stands for Cognitive Behavioral Technique.

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“ Very Brief Cognitive Behavioural Coaching (VBCBC) ” by Windy Dryden is a hugely practical book. He passes on lessons for better practice as a coach that are of relevance far beyond just using his VBCBC method. Being under 160 pages and broken into short chapters with bite sized sections and a

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Cognitive behavioural coaching (CBC) is a professional and individual coaching method employed to empower those individuals restrained by emotional or psychological obstacles to attaining their life goals. It was originated from two primary routines - Cognitive Behavioural Therapy (CBT) and Rational Emotive Behavioural Therapy (REBT).

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