



Coaching in Times of Crisis and Transformation: How to Help Individuals and Organizations Flourish

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Taking an in-depth look at crisis and change in the world and discussing their impact on both individuals and organizations, widely respected coach and author Liz Hall explains how to coach during crises and at any time of change (both positive and negative). She provides a practical guide and resource for managers and coaches on how to tackle challenges effectively and how to turn a crisis into an opportunity for transformation.

The book covers:

- Definitions of crisis from both the individual and organizational perspective
- Adapting to change and finding opportunities in crisis
- What neuroscience tells us about our reactions to change
- Transformative coaching
- Change models
- Supporting organizations in crisis
- How coaching and mentoring can act as preventative measures against crises

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