

Life Coach Leader Contributes to The Philosophy and Practice of Coaching.

Dr. Patrick Williams, owner of the Institute for Life Coach Training, lays the groundwork for quality coach training and proven client empowerment tools.

(Palm Coast, FL June 26, 2008) The future of coaching and its contribution to the world has become a global conversation. One of Wiley's newest publications, *The Philosophy and Practice of Coaching: Insights and Issues for a New Era*, edited by David B. Drake, Diane Brennan and Kim Gørtz, shares the expertise of 17 leading coaches from seven countries, who discuss the cutting edge issues that professional coaches are faced with today.

Dr. Patrick Williams, MCC, EdM contributed to the book's first chapter entitled, *The Life Coach Operating System: Foundations in Psychology*. Williams offers evidence-based descriptions that ground the coaching profession in sound academic theories of psychology, which preceded coaching.

Williams cites major facts and theorists who were forces in the development of modern day coaching. Case studies detail how the theories are put into a real coaching scenario.

Williams states, *"These theories validate the core principles of coaching and support the industries growth. Amazing tools have grown out of modern psychology that supports coaches in assisting their clients to change, as they desire. Quality coach training and coach education is drawn from the best humanistic psychology theories. Like any profession, there are different levels of coaching mastery and competence. If a coach understands the value of using multiple perspectives in their work, they are enriching the practical use of coaching and offering a unique gift to their client."*

Sir John Whitmore, Executive Chairman of Performance Consultants International, states, *"This is an important book for many reasons. The opening chapter sets coaching in its psychological context perfectly. The theoretical history and underpinning of different forms of coaching, and the case study examples, provide a rich cornucopia for the coach. It is a book to which I can and will refer often as it is so relevant to so much."*

Williams writes, *"As the coaching profession continues to grow, it will develop its own research base of effective strategies and tools within the unique relationship that is the coaching alliance. This chapter is an attempt to glean the practical from the scientific."*

The Philosophy and Practice of Coaching is available now. Click this link to purchase the book or preview Williams' Chapter:

<http://www.amazon.com/exec/obidos/ASIN/0470987219/therapistunivers>.

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About Dr. Patrick Williams:

Dr. Patrick Williams is a clinical psychologist turned coach with almost 20 years of coaching experience. He has an MA in Humanistic Psychology and an EdD in Transpersonal Psychology and was one of the first 25 Master Certified Coaches in the world to be credentialed by the International Coach Federation. Williams served on the ICF board from 2002-2005. He is also the founder of the Institute for Life Coach Training and author of numerous books and articles about coaching including the best selling professional's book, *Becoming a Professional Life Coach: Lessons from the Institute for Life Coach Training*. Pat was awarded the first Global Visionary Fellowship by the Foundation of Coaching for his project www.CoachingTheGlobalVillage.org.