



# **Systemic Coaching and Constellations: An Introduction to the Principles, Practices and Application**

*John Whittington*

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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, a joint ICF/EMCC constellation workshop, and black and white photographs and drawings. It also includes case studies from the author's own work as well as from coaches, peers and students from across 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.

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