

Renewal Coaching Workbook



In their groundbreaking book *Renewal Coaching*, Douglas Reeves and Elle Allison offered coaches, managers, teachers, and consultants a research-based, sustainable approach to individual and organizational improvement that involved a disciplined and collaborative sequence of information, experimentation, feedback, and support. The proven *Renewal Coaching* framework consists of these seven elements: Recognition - Finding patterns of toxicity and renewal Reality - Confronting change killers in work and life Reciprocity - Coaching in harmony Resilience - Coaching through pain Relationship - Nurturing the personal elements of coaching Resonance - Coaching with emotional intelligence Renewal - Creating energy, meaning, and freedom to sustain the journey As a next-step resource, this workbook includes a wealth of proven strategies and tools designed to help apply the *Renewal Coaching* approach to advance workplace performance. The workbook includes website access to a variety of helpful resources, assessments, and other tools. Also provided is a Wiki environment for participants to contribute and share their own experiences.

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