



Systemic Coaching and Constellations: The Principles, Practices and Application for Individuals, Teams and Groups

John Whittington

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Systemic coaching is a type of coaching that considers individuals, teams, and organizations in the context of the system in which they belong, rather than as isolated entities. It enables leaders and coaches to see patterns in their organizations, diagnose problems, identify areas lacking in resources, and make connections that might have gone unnoticed.

This fully updated second edition of *Systemic Coaching and Constellations* contains new international case studies and Q&As, an expanded first chapter on the universal languages of systems, and a brand new chapter covering the latest developments in systemic coaching.

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