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Julie Starr is a highly respected coach and management consultant who works with both organisations and individuals. She has over 20 years experience within business and change management focusing on the opportunity presented by people.

Julie Starr is a coach, mentor, speaker and writer who works to encourage coaching principles in everyday life. For her work in organisations, check out [www.starrconsulting.co.uk](#) Julie's coaching books aim to de-mystify coaching, making it accessible to anyone and everyone. Her aim is to encourage coaching behaviours to be so normal, natural and everyday, that people don't even recognise them as coaching.

In its simplest form, coaching is just a conversation between two people, with one benefiting from the exchange. The Coaching Manual. By Julie Starr. Publisher: Prentice Hall Business. Pages: 256, Price: £16.99, ISBN: 0-273-66193-0 Reviewed by Alison J Norris. Buy this book at Amazon.

By Julie Starr Translated around the world, this bestselling book is trusted globally as a definitive guide for any serious coach. The Coaching Manual guides you through the entire coaching experience, from first meeting to when coaching ends, giving you methods, tips and techniques that simply work.

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Where Julie Starr's The Coaching Manual (TCM) differs from many similar guides, including the very good Coaching Skills by Jenny Rogers, is in its relentless practicality. It really feels like a manual - a much needed practical handbook for coaches and the best on the market. It was the book I took with me on my first few coaching ...

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