



GEORGETOWN UNIVERSITY

INSTITUTE FOR
TRANSFORMATIONAL
LEADERSHIP at the
School of Continuing Studies

Health & Wellness Coaching Required Reading (subject to change)

We will use them throughout the duration of the program. Your responsibility will be to read all of these by the end of the program, and they are useful resources as you continue your learning beyond the classroom. Specific pages will be assigned in preparation for each in-class session in alignment with the coaching concepts presented. All books are available through major booksellers and online retailers.

- Coaching Psychology Manual, 2nd Edition
Author: Moore & Tschannen-Moran, 2016
ISBN: 978-1451195262
List Price: \$53.32
- Wellness Coaching for Lasting Lifestyle Change, 2nd edition
Author: Arloski, 2014
ISBN: 978-1570253218
List Price: \$29.95
- Co-Active Coaching: New Skills for Coaching People Toward Success in Work and Life, 2nd Ed
Authors: Whitworth, Kimsey-House, Kimsey-House, & Sandahl, 2007
ISBN: 0891061983
List Price: \$33.96