



# Making Sense of Coaching

*Angelique Du Toit*

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## **Making Sense of Coaching** Angelique Du Toit

In her latest book, Angélique du Toit goes beyond the techniques and goals explored in most coaching texts to examine the process of coaching and the importance of sense-making for creating meaning and encouraging self-reflection. In doing this, the coaching experience emerges as a type of transformational learning, in which the individual is guided through a journey of discovery and revelation. Theories are drawn together in a fresh and original way which will cause readers to question how coaching should be defined and practised.

Dr Angélique du Toit is an academic practitioner and is involved in the delivery of academic programmes and publications related to coaching. She is also an Executive Coach supporting senior executives in their personal development in both the public and private sectors.

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