

RECOMMENDED READING

The Flow Coach Accreditation

(ICF Level 2 Accredited)



Reading

It is mandatory that you digest one of Csikszentmihalyi's books during the course. We will ask you what books you have read towards the end of the course and may request a short synopsis.

We suggest purchasing three physical books and three audiobooks so that you can digest this information around your lifestyle.

Compulsory Reading

Norsworthy, C. (2026). *How to Find Flow*. London: Bonnier Books

Required Reading

It is compulsory to read at least one of the books by Mihaly Csikszentmihalyi.

Csikszentmihalyi, M. (1993). *The evolving self: A psychology for the third millennium* (Vol. 5). New York: HarperCollins Publishers.

Csikszentmihalyi, M. (1975). Beyond boredom and anxiety: Experiencing flow in work and play. *San Francisco/Washington/London*.

Csikszentmihalyi, M. (1997). *Finding flow* (Vol. 131). New York: Basic Books.

Csikszentmihalyi, M. (1997). Flow and Creativity. *Namta Journal*, 22(2), 60-97.

Csikszentmihalyi, M. (2004). *Good business: Leadership, flow, and the making of meaning*. Penguin.

Csikszentmihalyi, M. (2014). *Flow and the Foundations of Positive Psychology: The Collected Works of Mihaly Csikszentmihalyi*.

Recommended Reading

Downey, M. (1999). *Effective coaching*. London: Orion Business.

Dweck, C. (2012). *Mindset: Changing the way you think to fulfil your potential*. Hachette UK.

Engeser, S. E. (2012). *Advances in flow research*. Springer Science+ Business Media.

Haan, E. (2008). *Relational coaching: Journeys towards mastering one-to-one learning*. Chichester: John Wiley.

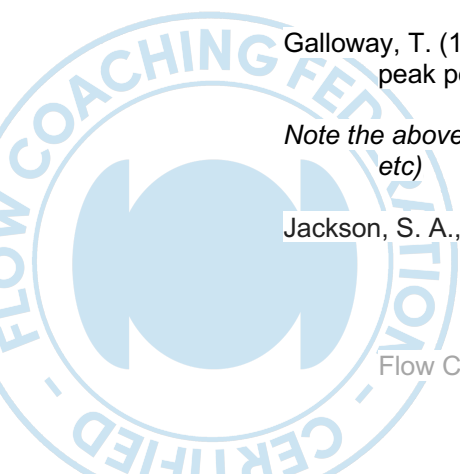
Hayes, S. C. (2019). *A liberated mind: How to pivot toward what matters*. Avery.

Frankl, V. E. (2004). *Man's search for meaning: The classic tribute to hope from the Holocaust*. London: Rider.

Galloway, T. (1997). *The inner game of tennis: the classic guide to the mental side of peak performance*.

Note the above book is available for different domains (i.e., inner game of business, golf etc)

Jackson, S. A., & Csikszentmihalyi, M. (1999). *Flow in sports*. Human Kinetics.



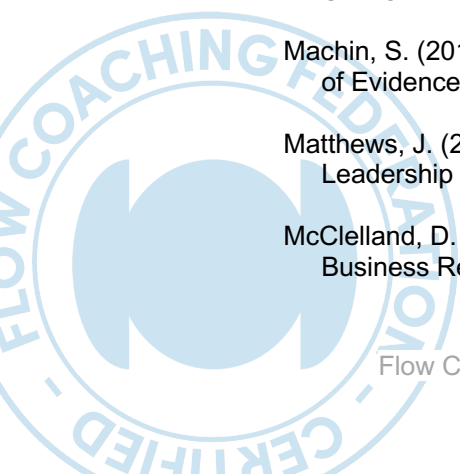
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- Nakamura, J., & Csikszentmihalyi, M. (2014). The concept of flow. In *Flow and the foundations of positive psychology* (pp. 239-263). Springer, Dordrecht.
- Peltier, B. (2001). *The psychology of executive coaching: Theory and application*. New York: Brunner-Routledge.
- Rogers, J. (2016). *Coaching Skills: The definitive guide to being a coach*. (4th ed.). Berkshire: McGraw-Hill Education.
- Seligman, M. E. (2003). *Authentic happiness: Using the new positive psychology to realize your potential for deep fulfillment*. London: Nicholas Brealey.
- Seligman, M. E. (2011). *Flourish: A new understanding of happiness and well-being—and how to achieve them*. London: Nicholas Brealey Pub.
- Slingerland, E. G. (2015). *Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity*. Broadway Books.
- Starr, J. (2008). *The coaching manual: The definitive guide to the process, principles, and skills of personal coaching*. Harlow, England: Pearson Prentice Hall.
- Stober, D. R., & Grant, A. (2006). *Evidence based coaching handbook: Putting best practices to work for your clients*. Hoboken, N.J: John Wiley & Sons.
- Watts, G., & Morgan, K. (2015). *The Coach's Casebook: Mastering the twelve traits that trap us*. Cheltenham: Inspect & Adapt Ltd.
- Whitmore, J. (2009). *Coaching for performance: GROWing human potential and purpose: the principles and practice of coaching and leadership*. Boston: Nicholas Brealey.**

Other Recommended Books

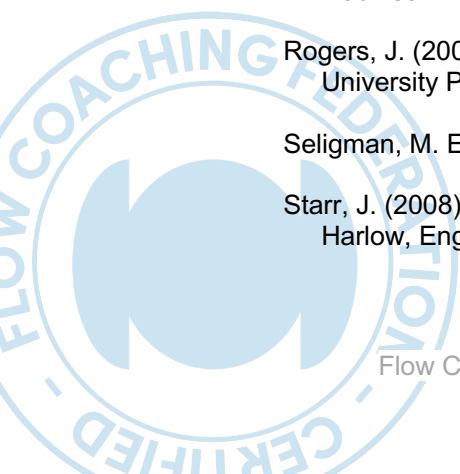
- Askew, S., & Carnell, E. (2011). *Transformative coaching: A learning theory for practice*. London: Institute of Education, University of London.
- Azmatullah, S. (2014). *The coach's mind manual: Enhancing coaching practice with neuroscience, psychology and mindfulness*. Routledge.
- Bachkirova, T. (2011). *Developmental coaching: Working with the self*. Maidenhead, Berkshire: Open University Press.
- Bachkirova, T., Jackson, P., & Clutterbuck, D. (2011). *Coaching and mentoring supervision: Theory and practice*. Maidenhead: Open University Press.
- Biswas-Diener, R. (2010). *Practicing positive psychology coaching: Assessment, activities, and strategies for success*. Hoboken, NJ: Wiley.
- Blakey, J., & Day, I. (2012). *Challenging coaching: Going beyond traditional coaching to face the facts*. London: Nicholas Brealey Publishing.
- Bloch, S., & Whiteley, P. (2003). *Complete leadership: A practical guide for developing your leadership talents*. Harlow: Pearson Education.
- Boniwell, I. (2006). *Positive psychology in a nutshell: A balanced introduction to the science of optimal functioning*. London: PWBC.
- Brann, A. (2015). *Neuroscience for coaches: How to use the latest insights for the benefit of your clients*. London: Kogan Page.

- Bresser, F. (2011). Go Deeper: Where do Businesses Stand in the Design and Implementation of Coaching Programmes. *Coaching at Work*, July/Aug, 45-47.
- Brown, P., & Brown, V. (2012). *Neuropsychology for coaches: Understanding the basics*. S.I.: Open University Press.
- Brown, B. (2021). *Atlas of the heart: Mapping meaningful connection and the language of human experience*. Random House
- Buckingham, M., & Coffman, C. (1999). *First, break all the rules: What the world's greatest managers do differently*. New York, NY: Simon & Schuster.
- Campbell, M., & Griffiths, K. (2009). Discovering, Applying and Integrating: The Process of Learning in Coaching. *International Journal Coaching and Mentoring*, 7(2), 16-30.
- Chapman, L. (2010). *Integrated experiential coaching: Becoming an executive coach*. London: Karnac Books.
- Chartered Institute of Personnel and Development (2006). *Learning and development: Annual survey report*. London: CIPD.
- Cialdini, R. B. (2001). *Influence: Science and practice*. Boston, MA: Allyn and Bacon.
- Clutterbuck, D. (2008). Are you a goal junkie? *Training Journal*, May 2008.
- Clutterbuck, D. (2010). Coaching reflection: the liberated coach. *Coaching: An International Journal of Theory, Research and Practice*, 3(1), 73-81.
- Clutterbuck, D., Megginson, D. (2005). *Making coaching work: Creating a coaching culture*. London: Chartered Institute of Personnel and Development.
- Coutu, D., & Kauffman, C. (2009). *Harvard Business Review Research Report: The Realities of Executive Coaching*. Harvard Business School Publishing Corporation.
- Covey, S. R. (1989). *The 7 habits of highly effective people*. New York: Simon & Schuster.
- Curtis, D. F., & Kelly, L. L. (2013). The effect of a quality life coaching intervention on psychological courage and self-determination. *International Journal of Evidence Based Coaching and Mentoring*, 11(1), 21-38.
- David, S. A., Clutterbuck, D., & Megginson, D. (2013). *Beyond goals: Effective strategies for coaching and mentoring*. Farnham, Surrey: Gower Publishing Limited.
- De Haan, E., & Kasozi, A. (2014). *Leadership Shadow: How to Recognise and Avoid Derailment, Hubris and Overdrive*. Kogan Page.
- De Haan, E., Duckworth, A., Birch, D., Hardman, P., & Jones, C. (2010). The holy grail of executive coaching: discovering what really works. *The OCM Coach and Mentor Journal*, 10, 1-2.
- Egan, G. (2002). *The skilled helper: A problem-management and opportunity-development approach to helping*. Pacific Grove, CA: Brooks/Cole Pub. Co.
- Flaherty, J. (1999). *Coaching: Evoking excellence in others*. Boston: Butterworth-Heinemann.
- Frisch, M. H. (2001). The Emerging Role of the Internal Coach. *Consulting Psychology Journal: Practice & Research*, 53(4), 240-250.
- Goleman, D. (1998). What makes a leader? *Harvard Business Review*, Nov-Dec 1998.

- Goleman, D. (2000). Leadership that gets results. *Harvard Business Review*, Mar-Apr 2000.
- Goleman, D., Boyatzis, R. E., & McKee, A. (2002). *The new leaders: Transforming the art of leadership into the science of results*. London: Little, Brown.
- Greene, J., & Grant, A. (2003). *Solution-focused coaching: Managing people in a complex world*. London: Momentum.
- Hardingham, A., Brearley, M., Moorhouse, A., & Venter, B. (2004). *The coach's coach: Personal development for personal developers*. London: Chartered Institute of Personnel and Development.
- Hawkins, P. (2012). *Creating a coaching culture: Developing a coaching strategy for your organization*. Maidenhead: Open University Press.
- Hay, J. (2007). *Reflective practice and supervision for coaches*. Maidenhead: Open University Press.
- Heron, J. (2001). *Helping the client: A creative practical guide*. London: Sage Publications.
- Honey, P. (2008). Managers (and Prisoners) Always Need Coaches. *The OCM Coach-Mentor Journal*, 8-9.
- Hughes, D. (2012). *How to change absolutely anything*. Harlow: Prentice Hall Life.
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- International Coach Federation (2012). *ICF Global coaching client study*. Lexington, KY: International Coach Federation.
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- Lee, G. (2003). *Leadership coaching: From personal insight to organisational performance*. London: Chartered Institute of Personnel and Development.
- Linley, A. (2008). *Average to A+: Realising strengths in yourself and others*. Coventry, U.K: CAPP Press.
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- Matthews, J. (2010). Can Line Managers Ever be Effective Coaches? *Business Leadership Review*, 7(2), 1-10.
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- O'Neill, M. B. (2007). *Executive coaching with backbone and heart: A systems approach to engaging leaders with their challenges*. San Francisco: Jossey-Bass.
- Oade, A. (2009). *Starting and running a coaching business: The complete guide to setting up and managing a coaching practice*. Oxford: How To Books.
- Ormesher, D. (2012). *The winning behaviours: Generating performance through leadership*. Brighton: Book Guild.
- Palmer, S., & Panchal, S. (2011). *Developmental coaching: Life transitions and generational perspectives*. London: Routledge.
- Passmore, J. (2010). *Leadership coaching: Working with leaders to develop elite performance*. London: Association for Coaching.
- Peters, S. (2011). *The chimp paradox: How our impulses and emotions can determine success and happiness and how we can control them*. London: Vermilion.
- Pink, D. H. (2009). *Drive: The surprising truth about what motivates us*. New York, NY: Riverhead Books.
- Popovic, N., & Jinks, D. (2014). *Personal consultancy: A model for integrating counselling and coaching*. Routledge.
- Preston, T. (2009). *Coach yourself to success*. Cirencester: Management Books.
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- Seligman, M. E. (1991). *Learned optimism*. New York: A.A. Knopf.
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- Way, M. (2013). Clean approaches for coaches: How to create the conditions for change using clean language and symbolic modelling. Clean Publishing.
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- Zeus, P., & Skiffington, S. (2002). The coaching at work toolkit: A complete guide to techniques and practices. Sydney: McGraw-Hill.

Bye for now, get excited! We will see you soon.

