



# COUNSELLING SKILLS FOR MANAGERS

*KAVITA SINGH*

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## **COUNSELLING SKILLS FOR MANAGERS KAVITA SINGH**

Exhaustive work pressures, unmanageable deadlines, and over-stressed work schedules, often lead a manager to a situation, where he/she fails to perform upto his/her potential. At that point of time, counselling becomes mandatory for mental healing and positive outlook.

In the second edition, the book continues to focus on counselling concepts by delving on the issues of termination and follow-up, while discussing Counselling Procedures. The concept of REBT (Rational Emotive Behavioural Therapy) has been examined to help the counsellors improve or enhance the behaviour of clients through counselling. While discussing organizational application of counselling skills, a detailed analysis dealing with clients in crisis and trauma has been deliberated, that has a great relevance in today's challenging environment.

Further, a section has been specifically devoted to 'Counselling Women', as they have to encounter different kinds of issues in both personal and professional lives. A comprehensive model of ethical decision-making has been added into the chapter, 'Ethics in Counselling'.

The book is designed for the postgraduate students of management and organizational psychology. Besides, the book will also be useful for the practising managers and counsellors.

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