

The future

Coaching is a relatively new discipline and, as such, many individuals are becoming engaged in research-based projects aimed at developing an evidence base on what works, with whom and why. Those coaches based in academic establishments are at the forefront of such research. However, as with other disciplines, the more coaches of all types and in all settings that become engaged in the positive outcomes that research can offer, the more the field will develop. The authors would like to encourage coaches of whatever coaching persuasion to embrace research in a bid to think creatively about the many ways in which research can assist those who seek our help. Professional bodies such as the Association for Coaching, the International Coach Federation and the British Psychological Society's Special Group in Coaching Psychology are already actively involved in such research. However, professional bodies are only made up of individuals who hold a wealth of experience and knowledge. Perhaps the challenge for individual coaches is how to become part of the research process, contributing to and learning from the body of growing information and evidence that research offers.