

With the increased prevalence of, and demand for, online coaching we have produced a one-pager of useful information, articles, videos, tips & tricks.

## Virtual Coaching Guidance

### Coaching Remotely



Published in Coaching at Work, Meyler Campbell Faculty Member Eyal Pavell shares his experience on the best ways in which a coach can successfully coach remotely. To read the full article, [click here](#).

### How to Coach Remotely

This HBR article seeks to help leaders to fulfil their role to coach and lead their teams in a virtual environment. For the full HBR article, [click here](#).

### Top Tips for One-To-One Video Calls



Guy shares his top tips on how best to set yourself and your device up to be able to hold a successful video call. To see Guy's tips, [click here](#).

### Ensuring High Quality Virtual Online Coaching

Tech expert and Meyler Campbell Alum Gareth Marlow gives us useful guidance on how to ensure high quality video calling from home. He demonstrates the different equipment that can be used to improve your internet connection and bypass the overloaded bandwidth problems caused by too many users. To find out more, [click here](#).

## Technology

### Videoconferencing Apps & Platforms

There is an ever-growing collection of videoconferencing platforms and apps available, but we have found the ones listed below have worked particularly well:

- [Zoom](#), for Virtual Coaching.
- [Skype](#), for Virtual Coaching.
- [FaceTime](#), for Reliable Phone Calls.
- [WhatsApp](#), for Wi-Fi Videocalling.
- [Microsoft Teams](#), for In-Organisation Conferencing.
- [Whereby](#), for Connecting Quickly.

For more information about each platform, [click here](#).

### Technology Tools for Coaching

Another recommendation from Gareth Marlow; a three-part series on technology to use when running a coaching business. Gareth explains how technology can be useful in all aspects of coaching (record keeping / scheduling / data collection / productivity tools and more)

Read the full series [here](#).

### Ways In Which Technology Is Changing Coaching Now And In The Future

Technology is increasingly useful in coaching. Whether this is planning sessions with a virtual diary, organising client feedback using email reminders, or recording sessions for discussion with your supervisor using a recording device. There are more and more ways in which technology can assist a coach and their clients.

To read more about this and about the future of Artificial Intelligence & Virtual Reality in coaching, [click here](#).

### Are You Ready for A Technology Upgrade?

Carol Braddick provides a three-part series on technology in coaching. The three articles cover: a way to repurpose common coaching tools to a wider range of coaching goals; People Analytics and the potential impact on coaching; and looking at 'coach bots'.

Click below for each article:

[Part 1](#) / [Part 2](#) / [Part 3](#)

## Additional Reading

### The Future of Executive Coaching

David Peterson guides us through 7 possible pathways to the future of executive coaching. For more, [click here](#).

### Recent Research

This academic article published in the *International Journal of Evidence Based Coaching & Mentoring* in 2019, considers the experience of coachees being coached in a virtual environment. To read the full research paper, [click here](#).