

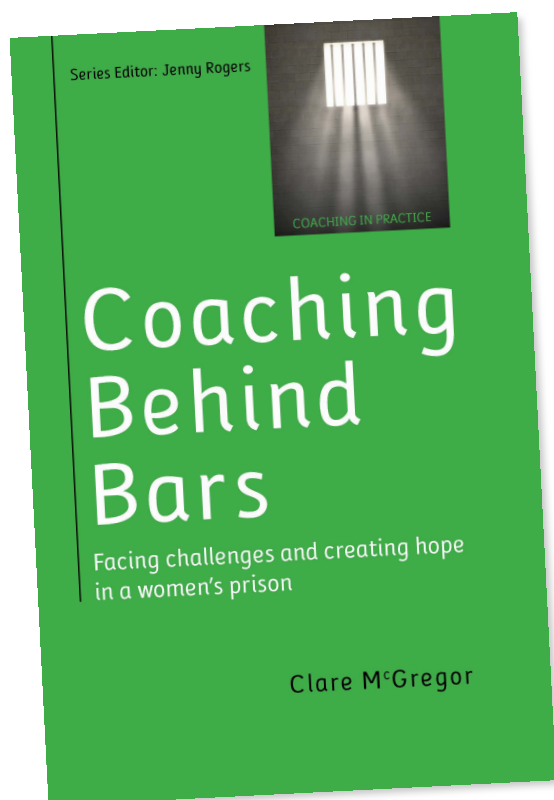
“ A “remarkable book” with “dark humour”. **Felicity Gerry QC, The Times**

“Full of insights and good sense.” **Nick Hardwick CBE, former HM Chief Inspector of Prisons**

“I rarely suggest that a book should be required reading on coach training courses, but I have no hesitation in doing so in this case.”

Professor David Clutterbuck, International Journal of Mentoring and Coaching

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Coaching Behind Bars: Facing challenges and creating hope in a women's prison
Clare McGregor
(Open University Press 2015)

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Coaching
inside & out

coachinginsideandout.org.uk

This is a great book; it oozes humanity on every page. It is a challenging read — people not acquainted with the realities of crime and punishment will learn a lot about both from the powerful case studies and from the author's personal reflections. Those well acquainted with crime and punishment, through their work, will be challenged to rethink what they do and how they do it.

Fergus McNeill, Professor of Criminology and Social Work, University of Glasgow

“What do you want from coaching?” Clare McGregor asks a prisoner. “Hope”, she replies.

Coaching Behind Bars certainly gives us that. It is a powerful and compassionate exploration of the challenges facing women prisoners seeking to take control of their own lives, and the work of those who assist them to do so. It combines a faith and optimism about the potential inside all of us with a hard learned reality as to how great the barriers to realising it can be. In bringing alive the role of coaching, Clare's impressive book has a wider relevance that gives great insight into but extends well beyond the prison walls.

Mark Goldring, Chief Executive, Oxfam GB

CIAO has helped men, women and young people to improve their lives, and the lives of others, in prison and in the community since 2010.