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COACHING TECHNOLOGIES IN THE FIRD OF PSYCHOLOGY OF EMOTIONS

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Studying coaching can be relevant for a variety of reasons, both personal and professional. Here are a few reasons why studying coaching can be beneficial: helping others. Coaching is a profession that involves helping others achieve their goals and potential. By studying coaching, you can develop the skills and knowledge needed to guide and support individuals or teams through a process of change and growth.

Personal development. Coaching is not only about helping others, but it can also help you develop your own skills, including communication, active listening, empathy, and problem-solving. Studying coaching can help you improve your ability to connect with others and develop positive relationships.

Career advancement. If you are interested in pursuing a career in coaching, studying coaching can be an essential step. Having a certification or degree in coaching can help you stand out in the job market and increase your chances of landing a coaching role.

Leadership skills. Coaching skills can also be applied to leadership roles, as they involve guiding and motivating others towards a common goal. Studying coaching can help you develop the skills needed to become a more effective leader and inspire others to reach their full potential.

Personal growth. Coaching can be a powerful tool for personal growth and self-awareness. By studying coaching, you can learn to understand yourself better, develop a deeper sense of purpose, and make positive changes in your own life.

Modern coaching technologies refer to the use of digital tools and platforms to facilitate coaching sessions and enhance the coaching experience for both coaches and clients. Some examples of modern coaching technologies include:

Videoconferencing. Videoconferencing platforms such as Zoom, Skype, and Google Meet are commonly used for remote coaching sessions, allowing coaches to connect with clients from anywhere in the world.

Coaching apps. There are many coaching apps available that provide tools and resources to support clients in achieving their goals. These apps may include features such as goal setting, progress tracking, and personalized recommendations [1].

Virtual reality. Virtual reality technology is being used in coaching to create immersive experiences that can help clients visualize and practice real-life scenarios.

Artificial intelligence. Artificial intelligence tools such as chatbots and predictive analytics can be used to provide personalized coaching to clients based on their individual needs and preferences.

Wearable technology. Wearable devices such as fitness trackers and smartwatches can be used to monitor clients' physical activity and provide feedback and recommendations to help them reach their goals.

Online coaching platforms. Online coaching platforms such as BetterUp and CoachHub connect clients with certified coaches for personalized coaching sessions and provide tools and resources to support clients in achieving their goals.

Overall, modern coaching technologies can enhance the coaching experience by providing clients with more personalized support, greater access to coaching resources, and more flexibility in scheduling coaching sessions.

Coaching is a process by which a coach helps a client achieve their goals and develop certain skills. In the field of emotional psychology, coaching can be used to improve a client's emotional state and increase their level of self-awareness [1-3].

One of the coaching technologies in the field of psychology of emotions is «Emotional Intelligence» (EI) coaching. This technology uses scientific approaches to the development of emotion regulation and management skills.

Another technology is «Positive Psychology» (PP) coaching. This technology uses positive psychology techniques and approaches to help the client increase their positive emotions and develop an optimistic attitude towards life.

Coaching technologies based on mindfulness and meditation are also used, which help the client to become more attentive to his emotions and respond to them more effectively.

It is important to note that coaching technologies in the field of psychology of emotions should be used under the guidance of qualified specialists and supported by experience and knowledge in the field of psychology.

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