Smither, J. W. (2011). Can psychotherapy research serve as a guide for research about executive coaching? An agenda for the next decade. *Journal of Business and Psychology*, 26(2), 135–145. DOI: 10.1007/s10869-011-9216-7.

Sonnentag, S. (2002). Performance, well-being, and self-regulation. In S. Sonnentag (Ed.), *Psychological management of individual performance* (pp. 405–424). Wiley.

Spence, G. B., & Grant, A. M. (2007). Professional and peer life coaching and the enhancement of goal striving and well-being: An exploratory study. *The Journal of Positive Psychology*, 2(3), 185–194. DOI: 10.1080/17439760701228896.

Stewart-Brown, S., Tennant, A., Tennant, R., Platt, S., Parkinson, J., & Weich, S. (2009). Internal construct validity of the Warwick-Edinburgh Mental Well-being Scale (WEMWBS): A Rasch analysis using data from the Scottish Health Education Population Survey. *Health and Quality of Life Outcomes*, 7(15). DOI: 10.1186/1477-7525-7-15.

Telang, P. R., Kalia, A. K., Vukovic, M., Pandita, R., & Singh, M. P. (2018). A Conceptual Framework for Engineering Chatbots. *IEEE Internet Computing*, 22(6), 54–59. DOI: 10.1109/MIC.2018.2877827.

Terblanche, N. (2020). A design framework to create Artificial Intelligence Coaches. *International Journal of Evidence Based Coaching & Mentoring*, 18(2), 152–165. DOI: 10.24384/b7gs-3h05.

Terblanche, N., & Cilliers, D. (2020). Factors that influence users' adoption of being coached by an Artificial Intelligence Coach. *Philosophy of Coaching: An International Journal*, 5(1), 61–70. DOI: 10.22316/poc/05.1.06.

Terblanche, N., Passmore, J., & Myburgh, J. (2021). African organisational coaching practice: Exploring approaches used, and the factors influencing coaches' fees. *South African Journal of Business Management*, 52(1), a2395. DOI: 10.4102/ sajbm.v52i1.2395.

Theeboom, T., Beersma, B., & van Vianen, A. E. (2014). Does coaching work? A meta-analysis on the effects of coaching on individual level outcomes in an organizational context. *The Journal of Positive Psychology*, 9(1), 1–18. DOI: 10.1080/17439760.2013.837499.

Wampold, B. E., & Imel, Z. E. (2015). *The great psychotherapy debate: The evidence for what makes psychotherapy work*. Routledge.

West, L. & Milan, M. (2001), *The Reflecting Glass: professional coaching for leadership development*, Basingstoke: Palgrave.

Whitmore, J. (2003) *Coaching for Performance*, London: Nicholas Brealey Publishing