

Best Practice In Performance Coaching - Carol Wilson

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Performance coaching helps individuals and organizations achieve their maximum potential, tackle challenges, and reach specific goals. It leads to personal and professional development and helps to create a work-life balance. Best Practice in Performance Coaching is both an introduction for those thinking of becoming or hiring a coach -- private or corporate -- and a reference guide for experienced coaches. A practical guide to the "what" and "how" of performance coaching, it covers all topics from the personal and executive angle and explains the structure of a coaching relationship. There is extensive guidance on coaching techniques, models, and tools as well as advice on how to train as a coach, how to run a coaching practice and how to structure coaching sessions. Complete with exercises, a foreword by Sir Richard Branson and international case studies on topics such as creating an in-house coaching service at the BBC, this is a thorough guide to performance coaching. Author: Wilson, Carol Publisher: Kogan Page Illustration: N Language: ENG Title: Best Practice in Performance Coaching Pages: 00256 (Encrypted EPUB) / 00256 (Encrypted PDF) On Sale: 2011-11-28 SKU-13/ISBN: 9780749463663 Lib Category: Performance Lib Category: Employees - Coaching of Category: Business & Economics : Project Management

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