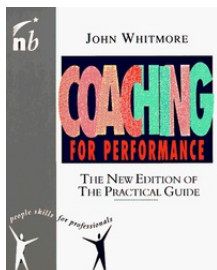


COACHING FOR PERFORMANCE



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Coaching for Performance

Author	John Whitmore
Original Book Format	Paperback
Number of Pages	168 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	4.10 MB

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Peek Inside the Book

Mike Sprecklen was the coach and mentor to the famous all-conquering rowing pair Andy Holmes and Steve Redgrave. I was stuck, I had taught them all I knew technically, Sprecklen said on completion of a Performance Coaching course many years ago, but this opens up the possibility of going further, for they can feel things that I cant even see. He had discovered a new way forward with them, working...

Traditional silo or linear thinking is no longer sufficient to cope with unpredictable emergencies. We need the capacity to take a whole-system approach that is a product of personal development, of moving from the old fear paradigm to one of trust and of recognizing that...

Reader's Opinions

It's a great book about coaching. Introduces the key fundamentals about coaching as well as a structured framework to apply as a coach.

Very intuitive and easy to understand model for increasing one's performance. This model can be applied in many realms of life, particularly useful in business and sport. Of the many coaching models, this...