



GIRLS
ON THE
RUN



Coaching

Coaching is a key component of any successful program. It involves providing guidance, support, and encouragement to individuals or teams. Coaching can be used in a variety of settings, including sports, business, and personal development. A good coach should be able to listen, communicate effectively, and motivate others. Coaching is not just about giving advice, but also about helping others to find their own solutions and take ownership of their progress. It is a process that requires patience, empathy, and a willingness to learn from others. Coaching can be a powerful tool for personal and professional growth, and it is an essential skill for anyone who wants to make a difference in the world.

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