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## Coaching Skills Training Course - Business and Life Coaching Techniques for Improving Performance Using NLP and Goal Setting: Your Toolkit to Coaching Yourself and Others with Exercises and Scripts

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By Kathryn Critchley

Universe of Learning Ltd, United Kingdom, 2010. Paperback. Book Condition: New. International (US) English ed. 234 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coaching Skills Training Course This book brings together different coaching models and helps give you an easy to follow structure to design inspiring coaching sessions. An easy to follow 5 step model to guide you through the coaching process. Exercises will help you enhance your skills. Learn to both self-coach and coach others. Work at your own pace to increase your coaching ability. Free downloadable, from easy to apply scripts and guided questions that you can start to use immediately. Over 25 ready to use ideas. How to use NLP in your coaching. Goal setting tools to help people achieve their ambitions. A toolbox of ideas to help you become a great coach. What do people think? Fabulous workbook. Covered the background, the techniques, the hows and the whys making it very clear and simple to use for yourself or others. A great business or personal tool packed with useful information and techniques. A The only coaching book I have read that gives you the templates and scripts ready to use and...



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