

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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Reviews

This ebook is worth acquiring. It is rally fascinating throgh looking at period of time. I am quickly could get a pleasure of reading a created pdf.


(Mekhi Crona)


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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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. The only coaching book I have read that gives you the templates and scripts ready to use and permission to use them. Takes you through step by step from understanding coaching to running your own sessions. About the author - Kathryn Critchley Kathryn is a highly skilled and experienced trainer, coach and therapist. She has worked for over 14 years with organizations such as BT, Orange, Peugeot, Cisco Systems, IBM, British Gas, Victim Support Witness Service, NHS and various Councils, Schools and Universities. Kathryn was keen to write a coaching skills book with a difference, that not only described useful coaching tools but empowered the reader with ready to use skills, strategies and templates to self-coach or coach...

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