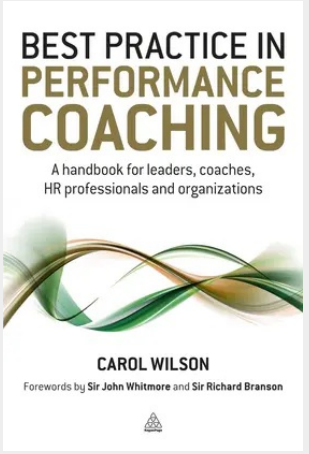
Wilson

Best Practice in Performance Coaching

A Handbook for Leaders, Coaches, HR Professionals and Organizations

Effective performance coaching can help individuals and organizations achieve their maximum potential, tackle challenges and reach specific goals. It leads to personal and professional development, improves productivity, performance and motivation, and helps to create a work/life balance. ***Best Practice in Performance Coaching*** is both an introduction for anyone thinking of becoming or hiring a coach - whether private or corporate - and a reference guide for experienced coaches. A practical guide to the 'what' and the 'how' of performance coaching, it covers a broad range of topics from the personal and executive angle and explains the structure of a coaching relationship. The book contains extensive guidance on coaching techniques and the best-known and emerging 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 worksheets and exercises, evaluations and international case studies, this is a thorough guide to performance coaching. Forewords by Sir John Whitmore and Sir Richard Branson.



Auf Anfrage

Nicht mehr lieferbar

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