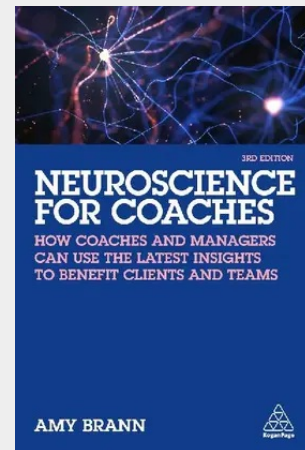


Neuroscience for Coaches

How coaches and managers can use the latest insights to benefit clients and teams

Many coaching tools and techniques are now well established, but how do they actually work? The third edition of *Neuroscience for Coaches* answers this question to help coaches and managers deliver greater value to clients and employees. Based on extensive research, *Neuroscience for Coaches* provides a clear explanation of the aspects of neuroscience that are relevant to coaching so coaches can describe to clients why particular techniques work and the benefits to be gained from using them. It also features interviews with Marshall Goldsmith, Susan Grandfield, Christian van Nieuwerburgh and Kim Morgan on topics including mindfulness and behaviour change in coaching. This fully updated third edition covers the latest neuroscientific research on key brain areas and their functions, such as the Prefrontal cortex and Amygdala which affect attention, processing and emotional regulation. With tips and insights throughout, it crucially demonstrates the ways in which coaches and managers who coach can use this information effectively and practically in their everyday work. *Neuroscience for Coaches* is a vital resource for improving coaching practice with the latest scientific developments, tools and techniques.

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