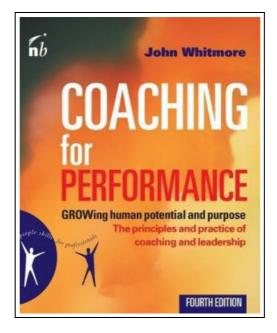
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Hodder Stoughton General Division, United Kingdom, 2009. Paperback. Condition: New. 4th edition. Language: English. Brand New Book. Coaching for Performance is the bible of the industry and very much the definitive work that all coaches stand on. This fourth edition explains clearly and in-depth how to unlock people s potential to maximise their performance. It contains the eponymous GROW model (Goals, Reality, Options, Will), now established as the basis for coaching professionals. Clear, concise, hands-on and reader-friendly, this is a coaching guide written in a coaching style. Coaching for Performance digs deep into the roots of coaching, particularly transpersonal psychology, a useful model for personal development and in-depth coaching. There are new coaching questions and fresh chapters on emotional intelligence and high-performance leadership. Whitmore also considers the future of coaching and its role in the transformation of learning and workplace relationships, as well as illustrating how coaching can help in a crisis.



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