



# 101 Coaching Strategies and Techniques (Essential Coaching Skills and Knowledge)

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## 101 Coaching Strategies and Techniques (Essential Coaching Skills and Knowledge)

*101 Coaching Strategies and Techniques* provides focused, practical strategies to help the coach with their work. Each point provides a detailed explanation of the strategy together with potential pitfalls and solutions.

Contributors from a range of coaching backgrounds are brought together to cover a number of issues faced by professional coaches including:

- confidence building
- developing specific skills and strategies
- group coaching
- problem solving and creativity
- self awareness
- the stuck client.

*101 Coaching Strategies and Techniques* will be a handy reference tool for busy coaches; the bite-sized strategies will also provide a useful guide for those in training.



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101 Coaching Strategies and Techniques (Essential Coaching Skills and Knowledge) can be one of your starter books that are good idea. Most of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to put every word into pleasure arrangement in writing 101 Coaching Strategies and Techniques (Essential Coaching Skills and Knowledge) nevertheless doesn't forget the main point, giving the reader the hottest and also based confirm resource info that maybe you can be considered one of it. This great information can certainly draw you into brand new stage of crucial thinking.

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