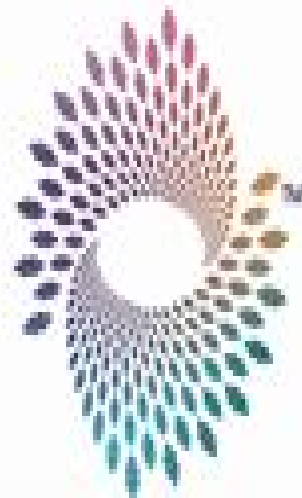




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Co Active Coaching:

Co-Active Coaching Henry Kimsey-House, Karen Kimsey-House, Phillip Sandahl, Laura Whitworth, Alexis Phillips, 2018-07-10 The definitive edition updated and expanded with access to an online toolkit The bible of coaching guides No other book gives you the tools skills and the fundamentals needed to succeed in these delicate relationships Stephen R Covey Author of The 7 Habits of Highly Effective People Co Active Coaching offers current and aspiring coaches leaders and managers in organisations and anyone wanting to strengthen interpersonal relationships a practical yet transformative communication process called the Co Active Model Since its creation by the authors more than 25 years ago the Co Active Model and the book have formed the foundation of the authors six part coach training program delivered globally to tens of thousands of individuals each year through the authors training institute CTI With its origins in the coaching profession the Co Active Model also applies to work and interpersonal relationships because it is based on principles of effective communication backed by current scientific research In this highly anticipated new edition the universal applicability of the the Co Active Model is emphasised It goes beyond the one on one coach coachee structure to include guidance for leaders and managers on how they can add a coaching competency to their professional skill set New to this edition Every chapter has been updated for relevance and direct application to coaching in all of its forms including in the workplace New material covering current neuroscience research Co Active approaches to leadership development and working with groups and teams More examples drawn from the authors first hand experiences especially in workplace settings More examples of the Co Active Model applied internationally Updated fine tuned glossary less jargon Web based Toolkit with 27 exercises questionnaires checklists and reproducible forms

Co - Active Coaching Laura Whitworth, 2007 This is a companion CD to Book of same title 158 WHI 85517 Includes practice sessions forms exercises resources etc

Was ist Coaching? Johanna M. Steinke, Ingo Steinke, 2019-07-16 Eine Studie zur Entstehung und Historie von Professional Coaching zwischen 1911 und 1989 und Implikationen f r die Rolle Kompetenzen und Ausbildung von Coaches heute Coaching hat sich als eine besondere Methodik der dialogischen Reflexion von Arbeit und Leben erst in der zweiten H lfte des 20 Jahrhunderts etabliert Zum Teil unerbittlich war dann w hrend der Verbreitung von Coaching in Wirtschaft und Gesellschaft in den 2000er Jahren der Kampf um die Deutungshoheit Wie sich z B an der deutschen Debatte um Scharlatanerrie eines Formats zeigt das noch lange kein klares Berufsbild hatte Das hat sich ge ndert Es ist in den zur ckliegenden Jahren weltweit besonders intensiv aber in Deutschland qualifiziert an der Professionalisierung von Coaching und Professionsentwicklung von Coaches gearbeitet worden Dieses Buch soll zu dieser Professionalisierung einen weiteren Beitrag leisten

Co-Active Coaching. Fourth Edition Karen Kimsey-House, Henry Kimsey-House, Phillip Sandhal, Laura Whitworth, 2018-07-10 The book that changed the field of professional coaching forever The wait is over This is the new 4th edition of the cultural and business phenomenon that helped launch the professional practice of coaching The bible of coaching guides No other book gives you

the tools the skills and the fundamentals needed to succeed in these delicate relationships Stephen R Covey author of The 7 Habits of Highly Effective People This extensively revised 4th edition of Co Active Coaching now offers leaders managers and other business professionals practical guidance for embracing coaching as a core competency to drive greater workplace engagement The flexible Co Active Coaching model showcased in the book has stood the test of time as a transformative communication process that co workers and teammates managers teachers and students can use to build strong and collaborative relationships In this highly anticipated new edition the authors capture their broader experience in applying the Co Active approach to leadership and human development The book reflects today s reality of how coaching has moved beyond its initial focus on life skills to become an integral aspect of successful leadership development It provides the latest terminology and a variety of fresh coaching examples drawn from the authors first hand experiences with thousands of international coaching trainees and clients The power packed on line Coach s Toolkit has been expanded to include more than 35 exercises questionnaires checklists to make these proven principles and techniques accessible and practical Full of thoughtful exercises relevant examples and concrete advice this text is clear direct easy to read and inspiring The only book life coaches business coaches and health coaches will ever need to build stronger relationships and healthier communication

Karriere Coaching Eka A.I. Salbei, 2025-08-30 Stehen Sie vor einer beruflichen Neuorientierung oder möchten Sie Ihre Karriere aktiv gestalten und vorantreiben Dieses praxisorientierte Buch zum Thema Karriere Coaching ist Ihr fundierter Wegweiser für beruflichen Erfolg und persönliches Wachstum Erfahren Sie wie Sie durch eine detaillierte Standortbestimmung Klarheit über Ihre aktuelle Situation Ihre Werte und Ihre Visionen gewinnen Das Buch leitet Sie an Ihre Stärken zu identifizieren und hinderliche Glaubenssätze zu überwinden um Ihre Persönlichkeitsentwicklung gezielt zu fördern Erlernen Sie bewährte Techniken des Selbstcoachings um Motivation aufzubauen und Prokrastination entgegenzuwirken Der umfassende Methodenkoffer bietet Ihnen einen tiefen Einblick in das professionelle Coaching in der Praxis Entdecken Sie die Kunst wirkungsvoller Coaching Fragen die Bedeutung des aktiven Zuhörens und lösungsorientierte Ansätze zur Zielerreichung Das Buch stellt Ihnen spezifische Coaching Methoden wie systemisches und integrales Coaching sowie vielfältige Coaching Tools und Übungen darunter Visualisierungstechniken und die Erstellung konkreter Handlungspläne vor Spezifische Anwendungsfelder wie das Job Coaching bei beruflicher Veränderung die Optimierung Ihrer Bewerbungsstrategie und die Vorbereitung auf Gehaltsverhandlungen werden detailliert behandelt Ein besonderer Fokus liegt auf dem Coaching für Führungskräfte und dem Manager Coaching Hier erhalten Sie wertvolle Impulse zur Stärkung Ihrer Entscheidungskompetenz zur Teamführung und zum Umgang mit Konflikten Dieses Jobcoaching Buch unterstützt Sie nicht nur bei Ihrer eigenen Karriereberatung sondern bietet auch angehenden Coaches eine solide Grundlage Es zeigt Wege auf wie Sie den Erfolg des Coachings nachhaltig sichern neue Verhaltensweisen verankern und Ihre Fähigkeiten im Business Coaching weiterentwickeln können Ein Leitfaden für alle die durch gezieltes Karrierecoaching ihre berufliche Zukunft selbst in die Hand nehmen möchten

Für dieses Buch haben wir auf innovative Technologien gesetzt darunter Künstliche Intelligenz und maßgeschneiderte Softwarelösungen. Diese unterstützen uns in zahlreichen Prozessschritten bei der Ideenfindung und Recherche, dem Schreiben und Lektorieren der Qualitätssicherung sowie bei der Erstellung der dekorativen Illustrationen. Wir möchten Ihnen damit eine Leseerfahrung ermöglichen, die besonders harmonisch und zeitgemäß ist.

Confident Coaching Amanda Vickers, Steve Bavister, 2010-09-24

From executive mentoring to life coaching more and more people are turning to and or training as coaches. Confident Coaching covers the principles, theories and practices of this crucial skill. It covers the fundamentals for those looking for an introduction to the subject and also offers practice and extension for people with some existing coaching experience whether they work inside a company or in a freelance capacity in life coaching or executive coaching or are managers wishing to coach their in-house teams more effectively. The chapters each begin with a clear statement of goals and objectives then break each topic into manageable chunks allowing the reader to dip into sections of particular interest when needed. Areas covered include: The various stages of coaching; Fundamental models, theories and concepts; Interventions; championing, requesting and challenging; Timing, scheduling and duration; Practical hints and tips for dealing with challenging situations. Sample coaching interactions are included to bring techniques to life along with activities, case studies, anecdotes and diagrams.

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THINGS TO REMEMBER Quick refreshers to help you remember the key facts.

TRY THIS Innovative exercises illustrate what you've learnt and how to use it.

Co-Active Coaching Henry Kimsey-House, Karen Kimsey-House, Phillip Sandahl, 2025-05-31

CHRISTIAN LIFE COACHING Kit H. Lui, 2024-01-15

Thank you for taking the time to read this book. This book, *Christian Life Coaching: The Intersection of Faith, Psychology and Life Coaching and Overcoming ADHD and OCD*, has been a labor of love for me. It represents my metaphorical personal journey of overcoming my mental disabilities by integrating Christianity, psychology and life coaching as holistic resources. It was an exploration of intellectual curiosity, spiritual faith and desire to unify these three areas of knowledge for practical use for Christians. For much too long these three areas of expertise developed separately and it took recent academia to explore these themes as an interdisciplinary approach. This book is for Christians and non-Christians to use as a guide, explanation and practical tool to overcome ADHD and OCD specifically and generally to achieve personal transformation and growth as humans living our time in this world as material beings. Hopefully the discussion will be persuasive for both Christians and the secular world of cognitive behavioral psychology. I am not an expert in Christian theology nor in pastoral counseling nor a clinical psychologist nor a professional psychiatrist. What I know is what happened to me on my personal journey to overcome ADHD and OCD. I was seeking

intellectual justification for what worked for me I hope this will be useful for the reader of my book However this theory or life coaching practice has not been tested scientifically nor in any quantifiable experiments We leave this task for further research I am a practicing lawyer with over 25 years of experience in private law practice in Canada and as in house legal counsel for Hong Kong companies I am a Christian and have been since 2011 My interest slowly moved in the direction of life coaching as an outlet for my frustrations as a lawyer We tend to give legal and business advice in a rational manner However I saw that myself clients and corporate stakeholders that I dealt with needed something special and not necessarily legal solutions for their business and personal problems This solution is related to their holistic personalities which became clearly visible under stress and personal conflict I knew that lawyers by training were not equipped nor should they be with life coaching tools from a Christian perspective Thus I thought the answer would be to categorize it as a new discipline or profession called Christian Life Coaching In my exploration and pursuit of writing this book I can across the idea of using Artificial Intelligence AI to research and seek answers to our questions on Christian life coaching and how AI can be used as a tool to assist clients I started to use the POE app readily available in app stores to assist in the writing of this book Much of the content is taken from my KitlulifeBot on POE I created this Bot from the perspective of a Christian life coach reflecting some of the principles described in this book Please feel free to explore on your own In fact the attached Appendices are a product of such questions directed to KitLuiLifeBot and is useful for common questions to ask a Christian life coach I hope this book will transform your life make you a stronger Christian and help you to deal with bad habits learned in your past This is a lot to expect so be patient and I hope the journey is worth the effort I know this book has helped me my colleagues Christian brothers secular friends and clients As a Christian life coach I have observed that the intersection of faith psychology and life coaching holds immense potential for transformation and healing Through the combination of these three elements individuals can experience holistic growth and align their lives with God s purpose Firstly it is crucial to acknowledge that Christian life coaching is not limited to a denominational categorization but encompasses all those who profess their faith in God Jesus and the Holy Spirit This inclusive approach allows for a diverse range of individuals to benefit from the guidance and support offered by a Christian life coach One of the key aspects emphasized in Christian life coaching is the centrality of God By making God the focus of coaching individuals are guided towards aligning their lives with His will and experiencing His transformative power This approach acknowledges that human goals dreams aspirations and gifts often come from God and can be aligned with His purpose Moreover Christian life coaching recognizes the importance of integrating psychological insights with biblical teachings This integration allows individuals to gain a deeper understanding of themselves navigate their emotions and develop effective coping mechanisms By critically evaluating and integrating psychological approaches with biblical principles individuals can find healing and transformation Creating a safe and non judgmental space is also essential in Christian life coaching By actively listening empathizing and offering support based on

both psychological insights and biblical principles life coaches can facilitate individuals inner exploration and healing journey Encouraging clients to rely on the power of prayer seek solace in scripture and incorporate spiritual practices further enhances their healing process As Christian life coaches we strive to model authenticity and transparency in our own faith journey Sharing our personal experiences of relying on God s guidance and seeking His healing can inspire and encourage clients to deepen their own faith and trust in God In conclusion Christian life coaching at the intersection of faith psychology and life coaching offers a transformative and holistic approach to personal growth By integrating psychological insights with biblical principles relying on prayer and scripture and creating a safe space for individuals to explore their inner struggles Christian life coaches guide clients towards true healing and transformation This unique combination enables individuals to align their lives with God s purpose and experience the abundant life He desires for them Also I would like to briefly describe what this book does not do for the general reader Mostly this is the author s personal narrative and journey of overcoming mental disabilities through the integration of Christianity psychology and life coaching Hopefully my experiences and insights will help others on their own transformational paths The purpose of this book is not to provide scientific evidence and research to support the theories and practices discussed in the book We will leave this task to others who are more capable than me in this area of expertise 13 An Introduction to Professional and Executive Coaching Sheila

Boysen-Rotelli,2021-03-01 The coaching profession is growing and innovating According to the International Coaching Federation ICF coaching earns over 3 Billion per year with over 100 000 practitioners of coaching This book is for both practitioners and scholars of executive coaching Coaching is an exciting and powerful skillset that allows individuals to empower others and helps individuals to generate awareness that opens the door for great levels of success The approach of this book is to look at the theoretical framework of coaching as it applies to the actual practice of coaching others and groups It is important to ground practice in theory and research to bring together the researched framework to help to inform the approach There is an old proverb that states Theory is when you know everything but nothing works Practice is when everything works but no one knows why The approach of this book will enable the student with the theory the processes and the skills to coach in a way that works and to be able to understand the why behind the success as well as make it replicable

TEACHER Coaching Kirsty Stokes,2025-02-28 The only book you need to understand the who what why and how of coaching in schools with relevance for all teachers whatever their age phase or setting Coaching is becoming an increasingly hot topic in education with ideas and principles from sport and business coaching producing successful outcomes for teachers and trainees This book looks at how coaching works within a school setting and how it can be applied in practice It discusses a new TEACHER coaching model to develop a coaching culture that improves both teaching and learning resulting in increased staff happiness and ultimately better support and outcomes for pupils Packed with research on coaching happiness and mindset it focuses on simple lessons for teachers who have limited coaching knowledge as well as information

for more experienced teacher coaches Reflective exercises are included throughout to encourage a deeper understanding of the relationship between coaching and education

Coaching by Values (Cbv): Simon L. Dolan, 2011-08-03 This book is about values It is about life values work values family values and world values It is also about value alignment Author Simon Dolan extends the concepts presented in the best selling Managing by Values adding many innovations including a step by step methodology for diagnosing value congruence and tools for conducting real value reengineering value alignment Dolan argues that when people understand their values regardless of how and why they have emerged and analyze their relative importance and consequences they can see more clearly how these values affect their daily lives Extensive research shows that realignment of values ensures better congruence with goals and objectives resulting in deeper inner satisfaction which positively affects overall well being state of mind performance and general happiness This is what the author calls success in the life of business and the business of life The description is fresh and innovative the methodology is clear and the tools can be used by individuals business professionals families organizations and wellness and life coaches alike Click on the links below for available book reviews www.forewordreviews.com/reviews/coaching-by-values www.blueinkreview.com/reviews/view/775 <http://www.emeraldinsight.com/journals.htm?issn=1352-7606&volume=19&issue=3&articleid=17047480&show=html> PHPSESSID=6d9bqrv811btcn0ihrkojrahg1

Handbuch Coaching Christopher Rauen, 2021-03-08 In den letzten 30 Jahren ist Coaching als professionelle Dienstleistung ein populäres Standardangebot nahezu aller Personal und Unternehmensberatungen geworden Das Handbuch Coaching bietet einen aktuellen und fundierten Überblick zum Thema Coaching aus der Hand von renommierten Expertinnen und Experten In dieser 4 vollständig bearbeiteten und erweiterten Auflage werden die verschiedenen Handlungsfelder des Coachings ausführlich dargestellt und die Vielseitigkeit des Themas aufgearbeitet Der Band informiert praxisnah über die Möglichkeiten Grenzen und sinnvollen Einsatzzwecke von Coaching und bietet einen sorgfältig strukturierten Überblick über das komplexe Thema Coaching Das Buch gliedert sich in vier Teile Grundlagen Forschung Konzepte und Praxis Der erste Teil Grundlagen beschäftigt sich mit der Geschichte des Coachings Varianten des Coachings Einzelgruppen und Organisations Coaching digitalem Coaching Coach Kompetenzen Coaching Ausbildungen und der Qualität im Coaching Neu hinzugekommen ist in der 4. Auflage der umfangreiche zweite Teil Forschung der u.a. die Wirksamkeit und die Wirkfaktoren von Coaching behandelt Im dritten Teil des Bandes Konzepte werden verschiedene Coaching Ansätze zunächst im Überblick dargestellt und in den nachfolgenden Kapiteln z.B. zum systemischen Coaching Karriere Coaching interkulturellen Coaching und Konflikt Coaching vertieft behandelt Im letzten Teil Praxis werden Themen wie Coaching Prozesse Tools im Coaching Coach Auswahl in Unternehmen und Coaching im Topmanagement behandelt Sowohl Praktiker als auch Wissenschaftler finden in diesem Standardwerk das jeder gelesen haben sollte der sich im deutschsprachigen Raum mit der Thematik Coaching auseinandersetzt theoretisch empirisch und praktisch fundiertes Wissen sowie interessante Analysen zu aktuellen Fragen rund um das Thema Coaching

Coaching

und seine Wurzeln Karsten Drath, 2012-09-13 Der Experte Karsten Drath gibt mit diesem Buch einen Überblick über die verschiedenen Denkschulen im Coaching und stellt viele Methoden und ihre Ursprünge in der Psychotherapie dar. Dieses Buch baut Brücken zwischen der Welt des Coaching und der Psychotherapie, denn beide wissen nur sehr wenig voneinander. Genau das möchte der Autor Karsten Drath. Er erklärt übersichtlich und systematisch, wie sich heutige Coaching-Modelle aus den Wurzeln der verschiedenen Denkschulen der Psychotherapie entwickelt haben und welche zukünftigen Entwicklungen zu erwarten sind. Für die Leser entsteht so das detaillierte Bild einer zeitgemäßen Methodik für das Coaching von Führungskräften.

INHALTE Erste umfassende Darstellung der Beziehung zwischen Coaching und Psychotherapie. Systematische Vorstellung von 50 Coaching-Interventionen und ihrer Ursprünge in der Psychotherapie. Verständliche Beschreibung von 20 verschiedenen Denkschulen der Psychotherapie, die Coaching geprägt haben. Die 120 wichtigsten Wissenschaftler, Psychotherapeuten und Coaches im Portrait.

Training through drama for work Brian Groves, 2014-06-06

Co-Active Leadership, Second Edition Karen Kimsey-House, Henry Kimsey-House, 2021-05-04 As leaders, how we are is as important as what we do. The second edition of this leadership classic, updated with new chapters, shows how to master the inner and outer work needed to build relationships that unleash the transformational creative potential in everyone. We need to expand beyond top-down, one-dimensional leadership models and find alternatives that are more fluid and inclusive and that harness the possibility of many rather than relying on the power of one. This is exactly what Karen and Henry Kimsey-House provide in this groundbreaking book. Co-Active Leadership is a deeply collaborative approach, which is why the first of its five dimensions is leading from within self-leadership. Leaders must be fully present and live lives of integrity, openheartedness, and self-awareness if they are to make the kind of conscious creative choices Co-Active Leadership demands. Each of the remaining four dimensions works together holistically. Depending on the situation, you may lead from the front, offering guidance and inspiration; from behind, supporting and encouraging others; from beside, partnering with and supporting other members of your team; or from the field, drawing on insights and wisdom available beyond the rational mind. This edition includes two new chapters: one offering new ways to utilize the Co-Active Leadership Model and another that goes deeply into the Co-Active philosophy. Co-Active Leadership celebrates and honors different expressions of leadership. It invites all of us to share our expertise and allows collaborative solutions to emerge that would never have been possible otherwise.

The Happy Place Nancy Milton Cpcac, 2012-03 Pulling from Co-Active Coaching principles and exercises, *The Happy Place* offers a blueprint for living a life connected to your true values. Through shared real-life stories and experiences, you'll embark on a journey of re-engaging with what's important to you while going through a series of "aha" and "I just got it" moments. Nancy opens the floodgates to taking charge of your life with her heart-felt, around-the-table writing style. An essential workbook for individuals looking for personal and professional growth, it's worth the ride. You are worth it, too. *The Happy Place* is a powerful journey of self-discovery. Nancy's heartfelt and endearing vulnerability creates a safe, humorous, and insightful guide to help uncover your

life's purpose and the tools to achieving your true potential Life changing a must read Tracy Vincze Master Organizer Hoss Headwear This book is a guided tour into discovering the who you were created to be This is a must read for anyone who feels like they are on the hamster wheel of life going and going and not getting anywhere Through this book you will be awakened to things you never thought possible and to step into the happy place of living and experiencing life Lynette Cox Maryland Virginia USA

Ergebnisse der Coaching-Forschung Uwe Böning, Claudia Kegel, 2015-04-08 Coaching befindet sich auf dem Weg von einer neuen Disziplin zu einer anerkannten Profession Letzteres bringt mit sich dass Coaching auch zu einem Forschungsgebiet geworden ist Uwe Böning einer der Coaching Pioniere in Deutschland stellt in diesem Buch erstmals aktuelle Forschungserkenntnisse zu verschiedenen Handlungsfeldern des Coaching zusammen kompakt und mit Blick auf den Anwender in der Praxis Welche Maßnahmen im Coaching können heute als evidenzbasiert bezeichnet und angewendet werden Nach Einleitung und Vorbereitungen werden verschiedene in der Praxis bereits vorhandene Coaching Anwendungsfelder systematisch in eine Ordnung gebracht Business Coaching Life Coaching Coaching im Non Profit Bereich Sport Coaching und für jedes dieser Milieus relevante Forschungsarbeiten der letzten Jahre zusammenfassend vorgestellt Die recherchierten empirischen Forschungsstudien werden dabei anhand von drei Kriterien voneinander abgegrenzt Milieu Teilnehmer Zielgruppe und Thema des Coachings Es ist damit ein Nachschlagewerk für Praktiker Wissenschaftler Dozenten wie auch Entwickler von Coaching Ausbildungen Dieses Buch stellt Ihr Coaching Wissen auf ein solides Fundament und leistet einen Beitrag zur Professionalisierung des Coachings insgesamt

Co-Active Coaching Henry Kimsey-House, Karen Kimsey-House, Phillip Sandahl, Laura Whitworth, 2011-09-16 NEW 4TH EDITION will be released on JULY 10 2018 THE BOOK THAT CHANGED THE COACHING FIELD FOREVER This current third edition includes fresh coaching examples the latest in coaching terminology and an expanded web based Coach's Toolkit Used as the definitive resource in dozens of professional development programs Co Active Coaching teaches the transformative communication process that allows individuals from all levels of an organization from students to teachers and direct reports to managers to build strong collaborative relationships

Coaching entwickeln Robert H. Wegener, Agnès Fritze, Michael Loebbert, 2012-05-01 Coaching hat sich als Beratungsformat für persönliche und berufliche Veränderungen weltweit etabliert Fragen der Wirksamkeit und Wirkung von Coaching sind zunehmend mit wissenschaftlicher Fundierung theoretischen Bezügen und empirischen Belegen von Coaching im internationalen Kontext verbunden Die Beiträge bilden eine Grundlage für den Dialog zwischen Forschung und Praxis zur gemeinsamen Weiterentwicklung von Coaching Die AutorInnen verfolgen sowohl grundsätzliche Fragen zu Form Funktion und Nutzen von Coaching Forschung wie auch die Vermittlung praxisrelevanter Erkenntnisse aktueller Forschungsprojekte aus dem deutsch und englischsprachigen Raum

The Secret of Coaching and Leading by Values Simon L. Dolan, 2020-06-07 Coaches play a major role in helping people understand their values and the values of their surroundings and helping them make choices and adapt Sometimes the choice may be to find a situation more in sync with your values Or

it may mean working hard on yourself or in concert with your partner team or organization Whatever we need to do to attain it a positive fit makes for a happier person and a happier person will be more successful This accessible and practical book will help coaches educators leaders and managers understand the philosophy methodology and tools that can be used to make a person happier healthier and more productive at work and in life in general This book compiles short vignettes from over a dozen global academics and celebrated executive coaches sharing information about aligning values in different settings Based on years of research and written for readers from all walks of life you will learn that when you understand your core values place them on a triaxial template and align them with your definition of success everything changes It will help you come out of your comfort zone in order to embrace the future and enhance the quality of your life For this you need a concept a methodology and effective tools all of which are offered in this book Rich with practical step by step methodologies and tools to facilitate values led leadership coaching and mentoring this book is essential for any change agent be it a coach a leader an educator or any person who is interested in learning how to become more effective improve their practice and engage in self or professional coaching At the same time it will enhance leadership qualities

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