

Your First Coaching Book A Practical Guide For

First Steps in Coaching
From Go to Pro - a Playing and Coaching Manual for the Aspiring Tennis Player (And Parents)
Coaching Students with Executive Skills Challenges
The Coaching Manual
ePub eBook
Winning Ways of Women Coaches
Sir Walter Winterbottom - The Father of Modern English Football
The Coaching Relationship
The Life Coaching Handbook
A Catalogue of Old and Rare Books
Players First
A Catalogue of Old and Rare Books Offered for Sale
Coaching 9, 10 and 11 Year Olds
Outing Magazine
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The Accountant
Becoming an Effective Leader, Coach and Mentor
EBOOK BUNDLE
The Breeder's Gazette
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first steps in coaching is an essential guide for anyone starting out in the coaching profession and for existing coaches seeking to develop their craft it is a practical introduction to the theory skills and art of coaching the book s structure follows the reader s progression from novice to professional coach making it an indispensable companion every step of the way part one learning to walk sets out the basics of coaching and considers the key skills of listening questioning and playing back part two learning to run explores a variety of practical and ethical issues and looks at coaching as a line manager and coaching a team part three learning to

dance examines more advanced topics such as the coach's use of the self and the nature of the coach-client relationship. The book uses clear, uncomplicated language throughout, explains key ideas through brief illustrations from the author's practice, and quotes from leading writers on coaching. It contains a wide selection of ideas, models, and exercises to stimulate the reader's learning, encourages students to try things out in conversation, and reflect upon and make sense of their experiences. *First Steps in Coaching* is a must-have book for anyone interested in coaching skilfully, ethically, and effectively.

Want to become a professional or elite tennis player? Know someone who does? Do you coach high-performance players from go to pro? Provides a pathway to mastery of tennis to the professional ranks. While at the very top levels, some talent is required, the primary prerequisite for mastering tennis at an elite level is work, work, and more work, combined with passion, commitment, and purposeful practice. From go to pro gives the technical, tactical, developmental, and competitive expertise to move into tennis's upper levels. A manual for players, coaches, and parents from go to pro shows the way to excellence in tennis: the sport for a lifetime, with sections on technique, organizing practices, handling the rigors and pressures of competition, and practice, developing a competition schedule, and parenting from go to pro. Guides in all aspects of mastering tennis.

This manual presents an evidence-based coaching model for helping students whose academic performance is suffering due to deficits in executive skills, including time and task management, planning, organization, impulse control, and emotional regulation. In just a few minutes a day, coaches can provide crucial support and instruction tailored to individual students' needs. From leading experts, the book provides detailed guidelines for incorporating coaching into a response to intervention framework, identifying students who can benefit, conducting each session, and monitoring progress. Special topics include how to implement a classwide peer coaching program.

Widely recognised as a leading practical handbook on coaching, *The Coaching Manual* combines an understanding of coaching principles, skills, attitudes, and behaviours, along with practical guidance and a comprehensive tool kit for coaches. *The Coaching Manual* demystifies the full coaching process, from first step to final meeting. This is the complete guide to coaching and includes models, perspectives, skills, case studies, tips, and advice.

We've entered a new era of women in coaching. Women coaches across the globe have triumphed using their expertise, experience, and sustained success to break down barriers and establish new standards of excellence in their coaching roles. *Winning Ways of Women Coaches* reflects this new era. Some of the most exceptional women coaches in the world have contributed

to this groundbreaking book each examining a different coaching topic from her unique viewpoint representing 15 different sports including professional football and baseball and earning more than 50 national championships and dozens of world and olympic titles these coaching pioneers provide the acumen and inspiration to succeed in the coaching profession lonni alameda rachel balkovec becky burleigh denise corlett melody davidson kelly inouye perez roselee jencke valorie kondos field melissa luellen teri mckeever missy meharg felecia mulkey carla nicholls carol owens carolyn peck ellen randell nancy stevens tara vanderveer amber warners jen welter edited by volleyball coaching legend cecile reynaud phd the book equips current and aspiring women coaches with innovative strategies and real world insights to address common coaching challenges build and maintain successful sport programs foster player engagement and growth and further their coaching careers in addition contributing coaches weave a common thread throughout the chapters by discussing the importance of building team chemistry and their own approaches to fostering a team culture whether you re searching for proven coaching techniques creative new approaches or sage troubleshooting advice winning ways of women coaches will prove to be your most valuable resource after reading this book you ll discover that it s your ability to instruct develop and care for your athletes not just your knowledge of xs and os that will propel your career and separate you from the rest showcasing women coaches who have reached the top of their profession and embodying the idea of if she can see it she can be it winning ways of women coaches will reinvigorate current coaches and inspire would be coaches to make the leap into coaching

sir walter winterbottom was arguably the most influential man in modern english football he is known as the first england team manager but more than that he was an innovator of modern coaching sports administrator and a man ahead of his time a man who had a profound effect on english football and who laid the foundations for england s success in 1966 walter managed them all from lawton to charlton and inspired many to become coaches ron greenwood bill nicholson jimmy hill and bobby robson were amongst his disciples and took his gospel to the clubs they managed born in 1913 winterbottom started out as a teacher and physical education instructor playing amateur football in his spare time he was soon signed up by manchester united playing his first game 1936 and winning promotion to the first division in 1938 a spinal ailment curtailed his career but during world war ii he served as an officer in the royal air force before the fa appointed him as national director of coaching and england team manager in 1946 he remains the only manager to have taken the national side to more than two world cup finals and was created an obe in 1963 and a cbe in 1972 before being knighted in 1978 walter died in 2002 but

his legacy continues to inspire many in football today especially with the opening of the new st george s park football academy with interviews and insight from top football names this book written by winterbottom s son in law also draws on personal diaries photographs and letters however this is more than just a biography of one man it s the story of how modern football came about

the coaching relationship discusses how we can integrate process perspectives such as the quality of the coach coachee relationship and professional perspectives including the influences of training and supervision for more effective outcomes stephen palmer and almuth mcdowall bring together experts from the field of coaching to discuss different aspects of the coach coachee relationship topics covered include the interpersonal perspective the role of assessment ethical issues cultural influences issues of power the book also includes a chapter on the interpersonal relationship in the training and supervision of coaches to provide a complete overview of how the coaching relationship can contribute to successful coaching illustrated throughout with case studies and client dialogue the coaching relationship is essential reading for practicing coaches and coaching psychologists wishing to learn more about the interpersonal aspects of coaching

this complete guide to life coaching reveals what life coaching is how to coach yourself and others effectively and how to create and sustain a successful coaching practice leading you through a comprehensive programme of advanced life coaching skill the life coaching handbook is the essential guide for life coaches and a key sourcebook for nlp practitioners human resources managers training professionals counsellors and the curious curly martin is a professional life coach author trainer and internationally qualified nlp master practitioner coaching for more than twenty years her clients include celebrities ceos directors and doctors

gives practical and proven strategies needed to mold athletes into winners and to build championship teams

3 e books in one 12 disciplines of leadership excellence master the 12 disciplines of powerful leadership and lead your organization to greatness leadership experts brian tracy and dr peter chee assert that great leaders are made not born everyone has the ability to shape himself or herself into the kind of person who enables and uplifts others to reach their highest potential and in 12 disciplines of leadership excellence they reveal exactly how to achieve it it all starts with discipline in this groundbreaking book the authors break down great leadership into 12 disciplines including clarity about who you are where you are going and how to get there control build and

bolster your sense of personal responsibility and self mastery character dedicate yourself to passionately build trust with honesty and integrity competence commit to constant never ending improvement and learning caring because when you care your people care in building great working relationships courage moving out of your comfort zone to embrace change and make tough decisions coaching for breakthrough success a powerful new coaching method from chicken soup for the soul co creator jack canfield combining time tested principles of exemplary coaches with the latest disruptive techniques used by the world s top performing leaders coaching for breakthrough success is a playbook that shows you how to nurture in yourself and others the three essential requirements of coaching excellence 1 heart the coaching principles tcp unveils the secret to life impacting values beliefs and philosophies that permeate all aspects of great coaching 2 mind the situational coaching model scm unleashes the genius of a coach to apply the right combination of crucial paradigms in any given coaching challenge 3 energy the achievers coaching techniques act equips you with proven methods that enable you to deliver breakthrough results in coaching coaching for breakthrough success is packed with stirring personal stories life changing case studies crucial coaching conversations exemplary coaching questions and ready to use tools that equip you to achieve professional mastery in coaching becoming an effective mentoring leader turn mentoring into profits becoming an effective mentoring leader breaks down the essentials of mentoring and shows you how to take advantage of this valuable new workplace dynamic you ll learn the smartest way to incorporate mentoring into your day to day leadership role the fastest way to equip inspire and motivate your staff the differences between mentoring coaching and teaching how you as a leader can rate the mentors in your office and assess the progress of mentees using case studies tools and impactful learning concepts the authors show you how to use mentoring s core skills to create a winning approach tailored to your own style be it the reflective mentor the storytelling mentor or the example based mentor

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