

The 10 Day Coaches Mba The Small Business Book For Coaches Who Want To Play Bigger

This guide to independent schooling in London provides up-to-date details of day boarding and nursery schools in London, day and boarding schools in surrounding counties, and international schools and colleges of further education.

Executive coaching is a professional and personal development intervention that organizations introduce to address and improve those areas in managers and leaders behavior, attitude, and interactions with others that do not allow him/her to work at full potential and also to further improve one's own strengths. The end objective, besides the development of the managers and leaders, is for the organization to benefit in the long-run from the coachee's improved performance. The book provides a comprehensive overview of the executive coaching field both in terms of practice and in terms of relevant research on executive coaching outcomes. It assesses the empirical research on executive coaching outcomes and links the executive coaching field with the fields of leadership and leadership development. The book will be of value to both practitioners (coaches, HR professionals, executives, consultants etc.), academics and researchers with an interest in coaching or leadership development. This playbook will build your leadership - fast. What if you could fast-track your next promotion? What if employees lined up to work for you? What if you had the confidence to handle any situation? What if you could lead from a place of strength? And you could do all that no matter what your past leadership experience has been. Nils Vinje accelerated from individual contributor to Vice President in 30 months. Every team he ran became a high-performing team. The process behind how he did this formed the foundation of his leadership coaching. Once Nils' clients started using his playbook, the results were remarkable. This playbook, which was once reserved only for his private clients, is now your playbook. In 30 Day Leadership Playbook, you will discover the secrets to? -Leading Yourself - Leading Others - Leading with Communication - Leading with Metrics The question is: are you going to continue to do what you have always done? Or are you ready for a playbook that will change the future of your leadership career? The 10 Day Coaches MBA The Small Business Book for Coaches Who Want to Play Bigger

Want to get an MBA? The Complete MBA For Dummies, 2nd Edition, is the practical, plain-English guide that covers all the basics of a top-notch MBA program, helping you to navigate today's most innovative business strategies. From management to entrepreneurship to strategic planning, you'll understand the hottest trends and get the latest techniques for motivating employees, building global partnerships, managing risk, and manufacturing. This fun, easy-to-access guide is full of useful information, tips, and checklists that will help you lead, manage, or participate in any business at a high level of competence. You'll find out how to use databases to your advantage, recognize and reward your employees, analyze financial statements, and understand the challenges of strategic planning in a global business environment. You'll also learn the basic principals of accounting, get a grip on the concepts behind stocks and bonds, and find out how technology has revolutionized everything from manufacturing to marketing. Discover how to: Know and respond to your customers' needs Handle budgets and forecasts Recruit and retain top people Establish and run employee teams Use Sarbanes-Oxley to your company's advantage Negotiate with the best of them Build long-term relationships with clients Avoid common managerial mistakes Improve cash flow Market your products and services Make the most of your advertising dollar Once you know what an MBA knows, the sky's the limit. Read The Complete MBA For Dummies, 2nd Edition, and watch your career take off!

Well-organized collection of over 60 columns on leadership excellence for nurses covering topics such as the challenges of being new on the job, what change really means, managing resistance, developing others in challenging times, and coaching your boss Practical advice based on real circumstances in real healthcare organizations offering true to life examples and successful solutions that apply to nurse leaders at all levels. Emphasis on self-awareness reflecting the extensive research validating that the more self-aware we are, the better leaders we become Concrete and immediate solutions providing uncommon insight and guidance for even the most intractable challenges

Based on the popular Developing Leadership Talent program offered by the acclaimed Center for Creative Leadership, this important resource offers a nuts-and-bolts framework for putting in place a leadership development system that will attract and retain the best and brightest talent. Step by step, the authors explain how alignment with strategic goals and organizational purpose and effective developmental experiences are the backbone of a successful leadership program. An authoritative and useful book, Developing Leadership Talent is an essential tool for any leadership program.

For the woman who wants to elevate her voice. Rediscover your inner confidence and take a stand in life and business by using powerful language

As business becomes increasingly reliant on succeeding in export markets, the need for specialist knowledge in international trade is at its highest. With thorough explanations to describe the current international business environment as well as international case studies which include IKEA, J.D. Wetherspoon, Dell, Amazon and Indian car brand Tata Nano, The 30 Day MBA in International Business will boost your knowledge and help you play a more rounded role in shaping the direction of your organization. It covers all the essential elements of international trade and business, including international marketing strategy, managing international organizations and selecting global strategic partners as well as finance, accounting and human resource management. The 30 Day MBA in International Business is packed with links to free resources from the top business schools as well as an online list of sources to keep you informed on all the key business issues.

Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County's most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive guidebook into the county's luxe lifestyle.

The latest addition to the acclaimed series showcasing the best sports writing from the past year.

All parents want their child to be happy and successful at school, but few decisions are harder than identifying the right school for your child. The Independent Schools Guide, now in its 17th edition, provides all the guidance and advice

needed to make the most informed decisions. The book includes an extensive reference section for over 2,000 schools; details on fee planning, scholarships and bursaries; guidance for overseas parents, including language support and guardianship; and detailed profiles of over 200 schools and colleges. For any parent, guardian or carer who is considering the independent sector, the Guide is the definitive reference source.

The best-selling author of *The Millionaire Manager* presents a case for a new approach to human ambition and achievement in today's stressful, technologically driven world, drawing on neuroscience studies and case studies to profile 10 sources of motivation that can be strategically applied by today's business leaders. 150,000 first printing. *The 10 Day Coaches MBA* teaches everything you need to know about building a successful coaching business in the digital age, the stuff you didn't learn at Coaching School. Becoming a successful coach today isn't simply about being a great coach, it's about rethinking a whole new way of doing business - creating a VIP client experience, embracing Experiential Coaching and shifting from Coach to Trusted Authority in your field. You can't build a successful coaching business without a shift in thinking. If you think that being the best coach in the industry is all it takes to win, you're going to lose. In this far-sighted, trailblazing guide, the author changes the way you think about your coaching and your business. By applying the methods in this book coaches can raise their prices, deliver the ultimate coaching experience and skyrocket client results. While this discipline defines the coaching industry it applies to every kind of transformational service based business. *The 10 Day Coaches MBA* is revolutionizing the business of coaching, showing every coach how to create their Ultimate Coaching Business.

Hawkins and Turner argue that coaching needs to step up to deliver value to all the stakeholders of the coachee, including those they lead, colleagues, investors, customers, partners, their local community and also the wider ecology. *Systemic Coaching* contains key chapters on how to contract in various settings, how to work relationally and dialogically, how to expand our own and others' ecological awareness, how to get greater value from supervision, work with systemic ethics and expand our impact. While illustrating why a new model of coaching is necessary, Hawkins and Turner also provide the tools and approaches that coaches and clients need to deliver this greater impact, accompanied by real-life case examples and interviews from the authors and other leading coaches and leaders globally. *Systemic Coaching* will be an invaluable resource for coaches in practice and in training, mentors, coach supervisors, consultants in leadership development and HR and L&D professionals and leaders.

This book offers an advanced breakthrough formula to build, implement, and cultivate an authentic, distinctive, and memorable personal brand, which forms the key to enduring personal success. This new personal branding blueprint entails a systematic and integrated journey towards self-awareness, happiness, and enduring marketing success. If you are branded in this holistic way you will automatically attract success and the people and opportunities that are a perfect fit for you. Dr. Hubert Rampersad has introduced an advanced authentic personal branding model and practical related tools, that provide an excellent framework and roadmap for building a strong authentic personal brand, which is in harmony with your dreams, life purpose, values, genius, passion, and with things what you love doing. This unique authentic personal branding system will help you to unlock your potential and build a trusted image of yourself that you want to project in everything you do. It also opens your view to new ideas, possibilities and opportunities. It is combined with powerful tools to deliver peak performance and to create a stable basis for trustworthiness, credibility, and personal charisma. This innovative methodology is spiritual, measurable, holistic, organic, authentic and sustainable. It taps deeply into self-awareness and helps others to develop innovative ways of doing business with social media and to position themselves strongly in this individual age. It has been proven in practice to produce sustainable results, not only for individuals but also for organizations. It's neither cosmetic nor cloudy, and therefore clients are experiencing concrete and sustainable results within 2 months.

Challenging Coaching is a real-world, timely and provocative book which provides a wake-up call to move beyond the limitations of traditional coaching. Based on the authors' extensive experience working at board and management levels, they suggest that for far too long coaching approaches have shied away from adopting a more challenging stance - a stance that can provoke greater performance and unlock deeper potential in business leaders and their teams. The authors detail their unique FACTS coaching model, which provides a practical and pragmatic approach focusing on Feedback, Accountability, Courageous goals, Tension and Systems thinking. The authors explore FACTS coaching in theory and in practice using case studies, example dialogues and practical exercises so that the reader will be able to successfully challenge others using respectful yet direct techniques. This is an original and thought-provoking book that dares the reader to go beyond traditional coaching and face the FACTS.

MBA Admissions Strategy is a bestseller that shows MBA applicants: • What MBA Admissions Committees value and how they work • What to say in a b-school application, and how to say it well • How to answer tricky essay and interview questions It guides the reader through the four key aspects of competitive MBA admissions: navigating the admissions process; enhancing profile value; managing essay and interview communications; and writing better. *MBA Admissions Strategy* is about what is hard for MBA applicants to find: the candid "what-I-wish-they'd-told-me" insights about what really works in MBA admissions. It is what to do to win in MBA admissions, and a step-by-step guide how to do it. The 3rd edition, updated throughout, contains new material on success in MBA interviews and wider admissions inputs, in addition to the traditional essays.

The 10th anniversary edition of the bestselling foundational business training manual for ambitious readers, featuring new concepts and mental models: updated, expanded, and revised. Many people assume they need to attend business school to learn how to build a successful business or advance in their career. That's not true. The vast majority of modern business practice requires little more than common sense, simple arithmetic, and knowledge of a few very important ideas and principles. *The Personal MBA 10th Anniversary Edition* provides a clear overview of the essentials of every major business topic: entrepreneurship, product development, marketing, sales, negotiation, accounting, finance, productivity, communication, psychology, leadership, systems design, analysis, and operations management...all in one comprehensive volume. Inside you'll learn concepts such as: *The 5 Parts of Every Business*: You can understand and improve any business, large or small, by focusing on five fundamental topics. *The 12 Forms of Value*: Products and services are only two of the twelve ways you can create value for your customers. *4 Methods to Increase Revenue*: There are only four ways for a business to bring in more money. Do you know what they are? Business degrees are often a poor investment, but business skills are always useful, no

matter how you acquire them. The Personal MBA will help you do great work, make good decisions, and take full advantage of your skills, abilities, and available opportunities--no matter what you do (or would like to do) for a living.

The Wall Street Professional's Survival Guide: The Secrets of a Career Coach is the only complete, up-to-date, and practical guide for financial industry professionals seeking new or better jobs in today's brutally competitive environment. Author Roy Cohen spent more than 10 years providing outplacement services to Goldman Sachs' employees. In this book, he shares finance-specific job-hunting insights you simply won't find anywhere else. Drawing on his immense experience helping financial industry professionals find and keep outstanding positions, Cohen tells you what to do when and if you're fired (or ready to move), how to develop a "game plan" and search targets, how to build your "story", how to move from the sell-side to the buy side, and much more. You'll find industry-specific guidance on interview strategy, resumes, follow-up, references, and even negotiation with real examples drawn from Cohen's own practice.

This accessible guide explains key business coaching theories with real-world context and offers a comprehensive selection of practical tools and techniques to match situations or issues with specific coaching techniques for optimum results.

Build Your Coaching Skills to Develop Others Coaching has the power to enhance individual, team, and organizational performance. Its interactive process helps individuals set and act upon goals, make better decisions, and produce results. 10 Steps to Successful Coaching offers meaningful advice to help you embrace and elevate your existing coaching skills, drawing upon your strengths as a leader, colleague, or employee to bring out the strengths of others. This book is an entry point for anyone who wants—or has been asked—to do some formal or informal coaching. It's also for anyone who wants to infuse day-to-day interactions in the workplace with a powerful new skill: development through coaching. With coaching skills quickly becoming essential for anyone who wants to help others develop in the workplace, use this book as your road map to being an effective coach who is ready to listen, encourage, and challenge others to greater achievement. Your coachees will enjoy greater job satisfaction and confidence, and your organization will benefit from this cost-effective way of developing employees and improving productivity. You, as a coach, will discover growth in your working relationships and gain a tremendous sense of accomplishment. This second edition addresses coaching in terms of the broader organization; creating a coaching culture; the impact of technology on the coaching relationship; and goal and accountability setting; overcoming obstacles to good listening; and ending the coaching process. You'll find a diverse array of tools to help you along the way. Examples include: • a development plan to highlight existing coaching skills and areas of opportunity • sample questions to ask during sessions • forms to secure commitment to coaching • an assessment to evaluate your organization's coaching culture.

This time management book is the right tool for you if: You're stuck in a life, trapped in a schedule you can't break free from and at the end of the day you feel like you haven't accomplished anything; or if you believe if you work harder, somehow you'll figure out how to find more time for your spouse, family and yourself. You're afraid of the day when you look back on your life and you realize you didn't accomplish anything meaningful and now it's too late to realize your dreams. In Triple Your Time Today, author Kathryn McKinnon shares a step-by-step System that easily guides you through 10 Time Management Strategies to prioritize your day, set goals, avoid distractions and improve your productivity so you can get more done, save time and change your life. In this Best Selling Time Management Book in its Category on Amazon you'll discover the time management skills, tips, activities to easily: • Find 40 minutes of FREE time each day! • Improve your focus to accomplish more with your time. • End Procrastination. • Develop Systems to set goals and priorities to increase your productivity and avoid costly mistakes with your time. • Overcome feelings of guilt, anxiety, being stuck, overwhelmed. • Avoid the biggest time wasters. • Reduce and Eliminate Distractions. • Control your time to gain more for yourself. • Use an amazing Secret Technique to save time while you sleep! Plus there's a BONUS Centering Exercise/Meditation to become balanced & Release Stress! "I just started reading this book two days ago and it has already made a huge difference in the way I do things. Even though I've studied so many time management programs, the way Kathryn has structured the strategies and guided you to apply them creates real success. Thanks Kathryn! I'm loving it." Donna Vail "I was stressed out, tired and was definitely not enjoying life but that all changed when I started reading Kathryn's book. I had no idea I was so unfocused. She helped me take control of my life. If you follow the strategies in this book, I guarantee you'll be able to keep your life on track...I urge you to get this book and take back your time and your life as I have done." Barry Ferguson

Clear...Practical...Implementable...Great Value "The author knows what it's like to live a full, busy life. Her approach to time management includes a refreshing willingness to pull in both physical and spiritual elements, including the disciplines of focus and mindfulness. The book is jam packed with ideas for making better use of your time. The author gives clear steps for putting each of the ten strategies to work. Reading this book was an excellent investment of my time! Elizabeth H. Cottrell "RiverwoodWriter" Shenandoah Valley, VA Increase your productivity ten fold—A Must Read "If you're struggling to keep up with your day-to-day tasks, Kathryn McKinnon's newest book is a must have. In a very easy writing style, she outlines a simple process for increasing your productivity and effectiveness in any 24-hour period. Kathryn offers one of the best resources for making your time work for you rather than you being a slave to time." Kathleen Gage "Internet Marketing Adviser for speakers, authors, coaches and consultants" Pleasant Hill, OR KATHRYN MCKINNON is a Harvard-educated, Time Management Expert, executive life coach, CEO of 2 businesses, speaker, trainer, radio guest, professional singer, jewelry designer, volunteer, wife and mother of 2 teens. She has 32 years of corporate & business experience and for 20 years, has helped countless women executives, professionals, entrepreneurs and open-minded men create success and order out of chaos with their life, career and their time. She can help you too. For information about Personal or Corporate Coaching, Programs and more time-saving strategies and tips, visit <http://www.Kathryn-McKinnon.com>

If you want to accelerate your career development and transform your skillset, but without the price tag and two-year commitment of the MBA, this is the book for you. The 30 Day MBA covers the 12 core disciplines of business: accounting, finance, marketing, organizational behaviour, business history, business law, economics, entrepreneurship, ethics and social responsibility, operations management, research and analysis and strategy. It provides the tools and techniques you need to seize business opportunities and implement strategies successfully. Complex concepts are explained in simple and practical terms, helping you to apply high level concepts to the real-life world of business. The 30 Day MBA also contains insightful case studies from leading organizations including IKEA, Cisco, Cobra Beer, Heinz, Shell, Hotel Chocolat and Chilango, to help keep you right up-to-the-minute with current trends and inspire you to explore new concepts. This book equips you with essential hard knowledge, but also helps you understand how business and current thinking is shifting in today's turbulent global markets, and broadens your mind with the knowledge and confidence to excel in a competitive career.

Benefit from Easy and Quick Revisions for your Class 12 CBSE Board Examinations (2022) with the help of Our 10 Last Years Solved Paper for Commerce Stream consisting of 6 subjects including, English, Physical Education, Mathematics, Accountancy, Economics, and Business Studies. Our handbook will help you study well at home. Why Should You Prepare from Oswal CBSE 10 Last Years Solved Papers for 12th Class Commerce? Our Comprehensive Handbook is a one-stop solution for Class 12 CBSE students' study requirements, and is strictly based on the latest syllabus prescribed by the Board for in-depth preparation of 2022 Board Examinations. 1. Yearwise Solved Board Papers from 2012-2020 2. All Sets of Delhi & Outside Delhi included 3. Multiple Subject Papers in one book 4. Facilitates Easy and Quick Last Minute Revision 5. Solutions Provided in accordance with the Board Marking Scheme 6. Get accustomed with the question types and structures, which allows to cultivate more efficient answering methods 7. Consists of numerous tips and tools to improve study techniques for any exam paper Students can create

vision boards to establish study schedules, and maintain study logs to measure their progress. Our Guidebook can also help in providing a comprehensive overview of important topics in each subject, making it easier for students to prepare for the exams. The owner of the legendary Boston Celtics and a frequent lecturer at the Harvard Business School shares his management, marketing, motivation, and communication techniques

A father and son chronicle their experiences playing football under the direction of Penn State football coach Joe Paterno a generation apart, offering an insider's glimpse of the Nittany Lions' program and its impact on both of their lives.

Explaining how to develop the conceptual and practical skills of coaching soccer, a practical handbook for current and prospective coaches provides helpful coverage of every aspect of coaching youth soccer, from dealing with parents and teaching good sportsmanship to effectively implementing winning offensive and defensive strategies. Original.

This book locates 101 practical coaching supervision techniques in their theoretical context. It is organised into ten chapters, each reflecting a different philosophical basis for the coaching supervision work: Existential, Gestalt, Person Centred, Positive Psychology, Psychodynamic, Solution Focused, Systemic, Thinking Environment, Transpersonal and finally an Eclectic chapter. With contributions and insights from leaders in the field, this book outlines the different philosophies and their principles and explains their application in practice. The book will help readers determine which technique to use and when, as well as offering a step-by-step guide to implementing or adapting it for their own work. With a breadth of techniques, the book will help all supervisors broaden their repertoire and ultimately become a better practitioner. Accessible and practical, this book is a valuable resource for experienced and novice supervisors as well as their supervisees. It will inspire them to keep their supervision and coaching practices both current and fresh, offering a diverse range of techniques to experiment with.

Build a million-dollar business in one of today's hottest professions! Bestselling business author Alan Weiss provides the inside advice you need to build or expand your coaching business--from developing a common language and shared protocol to providing effective and supportive feedback at every level. Million Dollar Coaching is packed with tips, checklists, resources, and scores of helpful examples, making this the most valuable one-stop tool available for entering the world of professional coaching. Million Dollar Coaching helps you: Develop trust and assess performance and progress Provide useful, candid feedback Use the media to raise your profile Build long-term client relationships Create value-based and retainer fees Develop and promote a strong record of success Replete with all the information and advice you need, Million Dollar Coaching is the first step to making a million in the competitive field of coaching.

Can a good company become a great one and, if so, how? After a five-year research project, Collins concludes that good to great can and does happen. In this book, he uncovers the underlying variables that enable any type of organization to

Time to Reset, Restore, and Rise from Your Roots. Your "Roots to Wellness Journal" is your place to decompress and heal and where your past meets your present. Using this tool, I found the strength to heal my past and understand my harmful outbursts.

Are you ready to live life on your own emotional terms? This journal will give voice to the feelings that arise from our emotions.

Like the roots that transport water to nourish the rest of the tree, healing our roots will empower responses that lead to our highest and greatest good. It is time to heal the past. #FUNUW. Find you in your wellness. Elethia

When you became a coach, you dreamed of a thriving practice, of connecting deeply with clients and making a living following your soul's calling. What if it doesn't have to be so hard? What if you're closer than you think? What if you hold the secret? Master certified life coach and coach mentor Linda Bucher takes you on a journey through the depths of yourself where you'll find confidence, clarity and direction as a coach and entrepreneur, bridge the canyon between where you are and where you want to be in your coaching practice, and discover how to connect the work you love to the success you want to achieve.

Life Coaching Questions, a coaching tool. This book provides the Life Coach with the following: An understanding of the Parts of Life for each and every individual client; Information on the Success Skills needed by the client to be successful in Life and Work; Powerful Life Coaching Questions to assist in the awareness and development of these Success Skills. This book shows you the Where and When to ask these powerful life coaching questions. In my life coaching practice I focus on 10 Life/Work Success Skills. In this book I describe each of these skills. The 10 Life Skills needed for success in Life/Work are each described separately and then I offer you 25 powerful life coaching questions to assist in the development and/or enhancement of these 10 essential skills. This gives you, the life coach, a total of 250 powerful life coaching questions to use in your practice. As some of these questions may be interchangeable there is potential for hundreds of more questions. This is a lot of powerful asking!! This book shows you the Where and When to ask these powerful questions.

Want to cash in on real estate investing? A millionaire tells you how. Tips, Tricks, Foreclosures, & Flips of a Millionaire Real Estate Investor features ideas and techniques from millionaire real estate investor, Aaron Adams. Inside, he details the strategies he's repeatedly used to make money—and shows you how to do the same. Incorporating advice from Adams's mentors and experienced investors who taught him the pros and cons of investing, he details how he learned to pick an individualized strategy based on where he was living. . . so that you can do the same. • Harness the techniques that have made Aaron Adams millions • Discover insiders' tips on real estate investment • Implement proven strategies with cash rewards • Get started right away with confidence For those with real estate investing experience, this book offers new ways to use old ideas in the contemporary market—backed by Adams's experience purchasing hundreds of properties over the years.

The new trader's guide to the business, psychology, and hype in trading The Trader's Pendulum + Website is the ultimate toolkit for realizing your trading potential. Written by one of North America's leading trading coaches, this guide is designed to show aspiring traders how to design and implement a successful trading strategy by learning the psychological tricks behind solid trading philosophies. New and experienced traders alike will find value in The 10 Habits of Successful Traders, and come away equipped to navigate the real-life emotional-psychological effects of market chaos. You'll learn to embrace change and risk, and use it to your benefit as you climb out of the technical trap and stop riding the Trader's Pendulum between fear and greed. Based on the author's Elliott Wave and Harmonics expertise, this invaluable guide brings you a top-down approach to the market to help you maximize profit and minimize poor choices. The companion website gives you access to an interactive Trader's Scorecard, models for your 'business' and trading plan, The Trading Blotter, and a video synopsis of the all-important 10 habits. Today's global economy has forced people to search for a second cash flow stream to replace or supplement a primary income. It is more important than ever to have a reliable guide at your side, and this book gives you guidance and so much more. Develop and follow a successful trading system Make more money while saving time and effort Treat trading like a business for lasting success Use change and risk to your benefit Stop chasing trends and listening to widely disseminated bad advice. The Trader's Pendulum + Website is more than a guide—it's advice, examples, models, and more, giving you a practical roadmap to your online trading success.

This book lucidly illustrates how a leader can bring out the very best in people by coaching them, and how coaching can unleash creativity as well as innovation while inspiring teams to play to their potential. It also examines how coaching helps leaders maintain a fine balance between managing and guiding, and between appraising and supporting their teammates. While many excellent books have been written

about leadership, talent and coaching, this is a rare book that stands boldly at the intersection of leadership and coaching. This is a book for our times. Businesses are facing a new reality, characterized by a VUCA (volatile, uncertain, complex and ambiguous) world. This new reality has forced organizations to depart from conventional command-and-control practices to a completely new model - a model in which leaders support and guide, rather than instruct and control, their team members. Exploring some of the key ingredients of impactful leadership, Coaching offers tips and tricks, backed by research and incisive insights, on how to become an effective leader-coach. Peppared with interesting anecdotes and analogies, drawn from sports, performing arts and other walks of life, the book is a breezy read. Interviews with corporate leaders and academics further enrich the narrative. Guaranteed to make for a very interesting read, the book will be useful to leaders, aspiring leaders and especially those that wish to transition from being just good leaders to extraordinary ones.

For overscheduled professionals looking to incorporate mindfulness into their daily lives, this bestselling, step-by-step guide draws on contemplative traditions, modern neuroscience, and leading psychology to bring peace and focus to the home, in the workplace, and beyond. Designed for busy professionals looking to integrate mindfulness into their daily lives, this ultimate guide draws on contemplative practice, modern neuroscience, and positive psychology to bring peace and focus to the home, in the workplace, and beyond. In this enriching book, noted mindfulness expert and international teacher and business leader Laurie J. Cameron - a veteran of the Search Inside Yourself Leadership Institute, a Senior Fellow at the Center for the Advancement of Well-Being at George Mason, and 20-year mindfulness meditation practitioner- shows how to seamlessly weave mindfulness and compassion practices into your life. Timeless teachings, compelling science and straightforward exercises designed for busy schedules -- from waking up to joy, the morning commute, to back-to-back meetings and evening dinners - show how mindfulness practice can help you navigate life's complexity with mastery, clarity and ease. Cameron's practical wisdom and concrete how-to steps will help you make the most of the present moment, creating a roadmap for inner peace - and a life of deeper purpose and joy.

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