

15 Minutes Coaching: A Quick Dirty Method For Coaches And Managers To Get Clarity About Any Problem (Tools For Success Book 2)

What could be easier or more fun than coaching youth sports? How complicated could it be—it’s all fun and games, right? Unfortunately, coaching kids isn’t that simple. If you’ve ever watched a youth league game, you know that all sorts of pressures, worries, concerns, and emotions come into play when your kid is out on the field. In fact, it’s not unusual to witness at least one ugly incident at a game where a coach or parent has gotten out of control. The good news is, as a coach, you can guarantee that kids have fun, get the physical and psychological boost they need, and want to play on your team next year. And now this book shows you how. Written by a nationally recognized sports-parenting expert, coach, and author who is also a former professional baseball player, Coaching Kids For Dummies shows you step by step how to make sports a positive experience for kids of all ages. Packed with practical advice for coaches and parents, it shows you how to: Help kids select the best sports for them Communicate effectively with your young athletes Deal with losses and wins Provide encouragement without pushing too hard Motivate kids and boost performance Foster good sportsmanship Prevent sports burnout Handle irate parents Evaluate travel teams No matter what your prior experience with youth league sports—even if you weren’t in one yourself as a kid—Coaching Kids For Dummies coaches you in all the essentials. Topics you’ll explore include: What every parent should know about youth sports, including the right age to get them started, how leagues work, and what your kid and you can expect Basic coaching tasks and responsibilities, such as pregame preparation, practice sessions, team meetings with kids and parents, and more Communication and motivational skills every coach needs to develop Coaching challenges, including scheduling, hostile parents, dealing with injuries, and coaching your own kids Loaded with tested-in-the-trenches strategies for helping kids get the most out of sports, Coaching Kids For Dummies is every youth league coach’s survival guide.

Proposes that leaders often get distracted by focusing on tasks and neglect their responsibilities of keeping their staff engaged and motivated.

This title in ASTD's new ""Ultimate Series"", presenting an innovative framework and approach to conducting training through an integrated series of workshop designs. This framework as well as the comprehensiveness of the content allows you to implement an entire Performance Management System into your organization without ever looking beyond this book's covers. It is coming soon from ASTD Press.

Unlike the generations of coaches that have gone before them, today’s coaches are expected not only to teach motor skills to young athletes but to do so in an environment that is conducive to the ethical, emotional, social and physical well-being of each one of them. Each of the 15 chapters of this book presents, and then systematically debunks, the most pervasive, persistent and potentially harmful myths in coaching, including such chestnuts as “play by my rules,” “winning is the ultimate goal” and “there’s no I in ‘team.’” Although the information in every chapter is based on current scientific evidence (and there are numerous source notes), each is written in the everyday language of coaches and covers topics that are of particular interest to coaches, parents, athletic administrators, recreation programming specialists—and even the occasional fan.

Coaching Questions

How to Lead Your Team Effectively in 10 Minutes a Day

The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration

Who the F*ck Am I to Be a Coach?!

Coaching Girls' Basketball Successfully

15 Minute Meals and Workouts to Keep You Lean and Healthy

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: thoughtfully reflecting clients' words and expressions back to them so they see themselves and their world through new eyes. “Coaches rely far too much on asking open-ended questions,” says Marcia Reynolds. But questions only seek answers—inquiry provides insight. When, instead of just questions, clients hear their thoughts, opinions, and beliefs spoken by someone else, it prompts them to critically consider how their thinking affects their goals. Reynolds cites the latest brain science to show why reflective inquiry works and provides techniques, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unwrap the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients feel safe, seen, and valued for who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

The Phoenix Suns’ Steve Nash shines in running the break, but how do his teammates know where to go to get open to receive his passes? Orlando’s Dwight Howard is a tremendous talent in the post, but how has he improved and added new dimensions to his game? And how is it that Utah’s Deron Williams and Carlos Boozer run the screen-and-roll as smoothly as Jazz legends John Stockton and Karl Malone did years before? Coaching. Yes, even in a league loaded with superior athletic talent, the teaching, tactical maneuvers, and strategies provided by NBA coaches are second to none. And as younger, sometimes less mature and less experienced players from all over the world have entered the league, those coaching skills are more diverse and better honed than ever before. Now NBA Coaches Playbook takes you into the practice sessions and sideline huddles with detailed Xs and Os and more from the game’s best at maximizing performance on the court. Let the likes of Phil Jackson, Mike D’Antoni, Avery Johnson, Stan Van Gundy, George Karl, Eddie Jordan, Mike Dunleavy, Kareem Abdul-Jabbar, and many other head and assistant coaches provide you with new insights to benefit your own team and individual players. ContentsPart I: Individual OffenseChapter 1. Shooting Techniques Hal Wissel Chapter 2. Perimeter Moves Stan Van Gundy Chapter 3. Post Moves Kareem Abdul-Jabbar Chapter 4. Screens and Screen Plays Phil Johnson Part II: Team OffenseChapter 5. Attacking Offense Avery Johnson Chapter 6. Triangle Offense Phil Jackson and Tex Winter Chapter 7. Princeton Offense Eddie Jordan and Pete Carril Chapter 8. Flex Offense Ruben Magnano Part III: Fast BreakChapter 9. Fast-Break Principles George Karl and Doug Moe Chapter 10. Primary and Secondary Breaks Mike D’Antoni, Alvin Gentry, and Marc Iavaroni Part IV: Special PlaysChapter 11. High-Percentage Plays Lionel Hollins Chapter 12. Out-of-Bounds Plays Brendan Malone Chapter 13. Last-Second Scoring Plays Dave Wohl Part V: Individual and Team DefenseChapter 14. On-the-Ball Pressure Mike Fratello Chapter 15. Full-Court Pressure Jim O’Brien Chapter 16. Defensive Strategies Del Harris Part VI: Coaching EssentialsChapter 17. Productive Practices Lawrence Frank Chapter 18. Game Preparation Mike Dunleavy and Jim Eyen Chapter 19. Player Development Kevin Eastman Chapter 20. Player and Coach Motivation Scott Skiles and John Bach Chapter 21. Modern Conditioning Methods Rich Dalatri

Over 100,000 sold! This companion training manual to Real-Life Discipleship provides unique guidance and insight to pastors, church leaders, and their disciples as they work to create an effective discipleship program. With a thorough, results-oriented process that can be applied in other contexts and cultures, this manual explains the necessary components of disciple-making so that every church member can play a part in reaching others for Christ. A great leaders resource, it shows you how to cultivate new leaders for the future and equip them to make disciples.

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. Coaching Better Every Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

Communicating with RESPECT

Coaching Wrestling Successfully

Lean in 15 - The Shift Plan

Coaching Training

The Coaching Handbook

Executive Coaching for Results

Mastering Coaching

Tells how to develop and communicate a coaching philosophy, plan practices, teach wrestling skills, help wrestlers prepare for matches, and evaluate wrestlers' performances

Building a thriving coaching business is a challenge. An estimated 30,000 coaches have entered the coaching profession during the past five years. Unfortunately, the majority report they are unable to earn a living wage from their coaching services. Competition is high, and the knowledge of how to succeed in the business is often lacking. To survive today, coaches must match their enthusiasm with strong business and marketing expertise. Lynn Grodzki and Wendy Allen are veteran business coaches who understand how to strategically approach the business and the practice of coaching as well as how to mentor new coaches entering the profession. The Business and Practice of Coaching is the first text to combine a coaching approach (step-by-step exercises, direct suggestions, insider’s tips, and motivational plans) with solid business information and ideas in order to give new and experienced coaches exactly what they need to prosper in the competitive business of coaching. Grodzki and Allen help coaches succeed by giving them the right information, showing them how to develop an entrepreneurial mind-set, and demonstrating how to customize a business plan that can spell the difference between accomplishment and collapse. Grodzki and Allen gives each reader the ability to: * Build a coaching business that has relevance to the larger community around it and be aligned with the new realities of the coaching profession. * Refine your coaching skill set to incorporate the five coaching competencies that signal to the public that you are a masterful coach. * Define your innate coaching specialty and target a profitable niche market so you can make a bigger impact as a coach. * Implement the eight best marketing strategies to attract coaching clients (and know the marketing ideas that coaches do best to avoid). * Set and raise your fees the right way, develop multiple streams of coaching income, and build a six-figure business that you can own and sell. * Institute risk management policies that ensure your practice is legally safe, ethically sound, and trouble free. Covering all of the territory from positioning your coaching business, differentiating it from the competition, acquiring basic entrepreneurial skills, and learning from profiles of master coaches The Business and Practice of Coaching offers a wealth of information and accessible, yet expert guidance. Readers will discover how to take advantage of current trends and avoid distracting hype within the quickly changing coaching profession so that the coaching business they build today will be viable tomorrow.

15 Minute Pause is an inspirational playbook that explores where you are now, where you want to be and how to get there. It's for those who are ready to make a small change and a big difference to their happiness and well-being at home, work or community. Do you need a reboot, if not now, then when?

This title draws on the expertise of top-flight trainers and consultants to present a comprehensive toolkit of the best training activities, group learning exercises, assessment instruments, handouts, and other essential guides for today’s busy training and performance professional. The sourcebook offers fully reproducible tools contained on the accompanying CD-ROM.

A Guide to Using Reflective Inquiry

The Business and Practice of Coaching: Finding Your Niche, Making Money, & Attracting Ideal Clients

Fifteen Wrong Ideas in Youth Sports

FT Guide to Business Coaching

Coaching, Teamwork, Interviewing, Appraisals, 3600 Assessments, Delegation and Recognition

Quick Emotional Intelligence Activities for Busy Managers

Ultimate Performance Management

With the intent of providing a how-to manual for future coaches, Reid set down day by day an account of his activities on and off the field. In so doing, he provides clear evidence of what many have suspected for a long time: that the unethical conduct so common in modern-day football has roots in the early history of the game and has not been limited to the so-called football factories. Reid offhandedly discusses such topics as spying on other teams, pressuring faculty members to give players passing grades, requiring that players cut classes to attend practice, and hiding injuries from players to keep them on the field.

What would it mean for your coaching if you got right to the heart of the matter - every time? You can. Learn rarely taught tips and concepts that will immediately elevate your coaching while avoiding the common pitfalls. New and experienced coaches alike will benefit greatly from the detailed strategies and wisdom shared from Marion's years of experience. -Cheryl Richardson, NYTimes Bestselling author of Take Time for Your Life Marion Franklin, the Coach's Coach, has been training and mentoring coaches for more than 20 years. Every student she has mentored or taught who sought ACC, PCC, or MCC has gotten their credential using the material in this book designed for all levels of coaches. No matter where you are in your coaching journey, this book has something for you. This book is different because it: Includes brilliant tools for beginner-to-seasoned coaches Offers advanced techniques for developing powerful questions without any lists Provides principles of human behavior that help you quickly identify what’s really going on Contains the 25 Themes that underlie every coaching situation and make coaching and questioning much simpler Shares a step-by-step, easy to follow, way to create a shift in perspective Presents 17 strategies that clients unknowingly use that actually work against, not for them Begin using even one or two of the concepts and principles in this book and notice your coaching immediately elevate to a new level. Your clients will notice the difference You will experience this innovative approach to masterful coaching with two full laser-coaching sessions with commentary - much like eavesdropping in on the mind of a master coach. Marion shares unprecedented concepts that will help new coaches and even the most experienced coaches gain new insights and ideas, including a deeper understanding of what they already know. Automatically improve your coaching by applying one rarely known principle. Never feel stuck around what question to ask. Feel more confident by quickly identifying what’s really going on. Know exactly what to listen for in every conversation. Discover a simple "2 inquiry" approach that instantly enables you to deepen your curiosity. This book will not only boost your confidence and mastery as a coach, it will enable you to produce sustained results for your clients. I designed this book to not only show you what laser-focused coaching looks, sounds, and feels like, but to show you HOW TO coach for permanent, life-altering change. When using the Laser-Focused approach, you'll be able to: avoid getting seduced by the story ask questions that get right to the heart of the matter have the client do all of the summary know how to create the shift and what to do afterwards recognize the client's underlying pattern and know how to address it and so much more The HeART of Laser-Focused Coaching -- A revolutionary, unprecedented approach makes coaching easier while also enhancing your ability to help clients create deep and profound change. Transform your coaching into something so powerful and life-changing that your coaching consistently flows and becomes effortless.

It ’ s not just health professionals in Emergency Departments that need to communicate effectively under difficult conditions involving time pressure, high stress, and conflict. Executives, senior managers and leaders have this need too. Through simple, practical and effective tools validated by Emergency Department clinicians, this book provides health professionals with a team-based approach for being more effective communicators and influencers along the patient care journey. If this approach can work in the ED, we believe it can be successful in other sectors and settings too. Based on COIN for ED Professionals™, a peer-reviewed and published communication and influencing skills training program developed for Emergency Department health professionals, this book: •presents the RESPECT model, a 7 principled framework enabling health professionals to influence effectively and respectfully in difficult and high stress situations •introduces the approach of action learning, the secret to continuous improvement •provides a rich collection of real stories from clinicians, case-studies, exercises, activities and self-assessment tools targeting professionals seeking to significantly improve not only their own communication and influencing skills, but also those of their colleagues.

The Five-Minute Coach offers a simple, step by step guide to how to coach - quickly and effortlessly - to get amazingly better results at work. Short, punchy and easy to read, the user can swiftly learn this innovative and effective tool for improving performance.Designed for leaders, managers and supervisors, in any setting, The Five-Minute Coach is a ground-breaking approach to coaching on the job. It creates significant performance improvements, whilst improving job satisfaction for manager and team member alike. This approach to coaching has been developed by the authors and used in organisations across the board - large and small, private and public, with adults and teens, and across a variety of voluntary and community groups. Professional coaches have also adopted The Five-Minute Coach in their work.The book leads the reader through this deceptively simple process which changes thinking about how to work with others. Leaders no longer need to have all the answers. They benefit from true delegation. They uncover the talent and resources of others. They free up time for themselves - time to think strategically and to be more proactive, creative and innovative.With its focus on outcome-thinking, effective action planning and motivating people to take action, the book offers clear steps, practical examples and tips. It all adds up to a very practical way to improve performance.

Practical insights for developing high performance

Coaching Kids For Dummies

Coaching Soccer For Dummies

Get It Done

NBA Coaches Playbook

Coaching Soccer Like Guardiola and Mourinho

The Diary of Coach Bill Reid

Effective performance coaching can help individuals and organizations achieve their maximum potential, tackle challenges and reach specific goals. It leads to personal and professional development, improves productivity, performance and motivation, and helps to create a work/life balance. Best Practice in Performance Coaching is both an introduction for anyone thinking of becoming or hiring a coach - whether private or corporate - and a reference guide for experienced coaches. A practical guide to the 'what' and the 'how' of performance coaching, it covers a broad range of topics from the personal and executive angle and explains the structure of a coaching relationship. The book contains extensive guidance on coaching techniques and the best-known and emerging models and tools as well as advice on how to train as a coach, how to run a coaching practice and how to structure coaching sessions. Complete with worksheets and exercises, evaluations and international case studies, this is a thorough guide to performance coaching. Forewords by Sir John Whitmore and Sir Richard Branson.

This book covers the basics and more about coaching, teamwork, staff appraisals, and 360 degree assessments. Self-assessment tools are included in the book to give supervisors the opportunity to test their knowledge and when to use it.

Packed with drills and tips for practice and game days The fun and easy way(r) to kick-start your soccer coaching skills Volunteering as a youth soccer coach can be a great experience, both for you and your squad. But what if you've never coached before? Don't worry! This

friendly guide explains soccer rules, shows you how to approach coaching, and gives you practical pointers on improving your team's soccer skills and encouraging good sportsmanship. Discover how to Understand soccer rules Develop a coaching philosophy Teach soccer fundamentals Run great practices Lead your team during a game Communicate effectively with parents

A giant tsunami hit the staid Ann Arbor campus of the University of Michigan in 1969 when it was announced that Glenn Edward "Bo" Schembechler was to be the new head football coach, replacing the beloved Bump Elliott. Efforts to pronounce the last name correctly came in response to thousands of questioners asking "Bo who?" but it didn't take long before his name and the Wolverines' resurrected football fortunes were the talk not only of the town, but of the hundreds of thousands of Michigan alumni across the country and around the world. Bo's Warriors is the story of that man and the moribund football program he revived. Bo won a school record 194 games while losing only 48 and never had a losing season. His Michigan teams won or shared the Big Ten title 13 times and made 10 Rose Bowl appearances. In 1968 under Elliott, archrival Ohio State had pounded the Wolverines 50-14, and to add insult to injury, Buckeye coach Woody Hayes went for a two point conversion late in the game rather than kicking the extra point. When asked why he went for two, Hayes is said to have replied, "because I couldn't go for three." The next year, Bo's first as coach, the defending national champion Buckeyes were 17 point favorites, but the 7-2 Wolverines dominated Ohio State and beat them 24-12. In a single afternoon, Schembechler had resurrected Michigan's proud football tradition and returned the program to the country's elite. Bo's Warriors is the story of Bo's first year as coach, seen through the eyes of several players and one assistant coach, and making the excitement of that historic season come alive.

Training to Transform Performance Reviews Into Performance Partnerships

The Oxford Handbook of Dialectical Behaviour Therapy

Coaching as a Leadership Style

Soccer Coaching, Development, and Tactics

Best Practice in Performance Coaching

Bo Schembechler and the Transformation of Michigan Football

An action learning approach for health professionals

Start your journey to better health and fitness now with The Body Coach and the bestselling diet book of all time! Eat more. Exercise less. Lose fat. In his first book, Joe Wicks, aka The Body Coach, reveals how to shift your body fat by eating more and exercising less. Lean in 15 – The Shift Plan features a hundred recipes for nutritious, quick-to-prepare meals – including his bad-boy burrito and oaty chicken – and guides you through Joe's signature HIIT (High Intensity Interval Training) home workouts – revealing how to combine food and exercise to ignite intense fat-burning. It will teach you how to fuel your body with the right food at the right time so you burn fat, build lean muscle and never go hungry.

The Globe & Mail's #1 Business Book of the Year! "ALL IN, ALL THE TIME" Low performance and high turnover is not the result of lazy, apathetic workers. It's not about decreasing budgets. And it's not about a terrible economy. It's about leadership that doesn't engage employees. In Nine Minutes on Monday, leadership guru James Robbins argues that employee engagement comes down to one thing: a constant dedication to meeting the universal needs that drive performance excellence. In today's chaotic, high-stakes business environment, it is easy to get distracted from leadership responsibilities by focusing on tasks at hand instead of on strategy. But when you neglect to keep your leadership priorities in front of you, everyone suffers--your staff, your organization and, in the end, you. Whether you lead a small team or an entire organization, you'll discover the nine keys to raising productivity, boosting morale, and increasing employee engagement. Nine Minutes on Monday combines proven engagement drivers and principles of human motivation into a simple system of execution that will show immediate results. Inside you'll find: The "9 Minute" template for maintaining focus on your leadership priorities--no matter how busy you are Three key questions that will help you connect purpose to paycheck for your staff A four-step formula for addressing subpar performance and driving complacency from the workplace A simple coaching model for fast-track staff development Four reward/recognition tools that will leave your employees feeling valued and motivated The one simple activity that will forge deep bonds of trust between you and your employees Three key ingredients that will immediately increase the motivation level of any employee Being a great leader is never easy, but Robbins breaks it all down into essential components to reveal its fundamental simplicity. Nine Minutes on Monday is your road map to igniting purpose, passion, and engagement among your team members. Master and apply the tools and techniques inside, and your employees will be motivated, inspired, and equipped to bring their best to work each and every day. Quick and simple leadership lessons for boosting performance, morale, and engagement "James Robbins is a terrific observer, thinker, and storyteller. He also has marvelous insights about how leaders can help employees become more connected to their work setting. He weaves together personal stories with thoughtful leadership insights into a compelling book. If leaders will do the nine minutes he suggests each Monday morning, they will become what we have called 'meaning makers' who deliver enormous value to their employees, customers, investors, and communities." -- Dave Ulrich, professor, Ross School of Business, University of Michigan; partner, The RBL Group; coauthor, The Why of Work "It really works! Robbins provides simple and practical tools to help all managers get on the road toward becoming great leaders. These nine easy-to-use principles are relevant to today's work environment and yet so often overlooked. Thank you for helping me to make a difference to my team." -- Sue Travis, HR Manager, Lowe's "Every manager in your workplace needs this book. Practical and easily doable ideas that will help turn your managers into truly inspiring leaders." -- Michael Kerr, "The Workplace Energizer" and author of Putting Humor to Work "Great easy read with lots of practical applications for leaders looking to improve their game and really make a difference in the lives of those they lead." -- Debbie Stein, CFO AltaGas

Coaching is one of the most sought-after leadership skills - vital for anyone who wants to develop a team of people who will perform effectively, but are also motivated and relish working together. It's also a dynamic discipline which, in recent years, has developed and grown to embrace theory and practice from a wide range of other disciplines, frameworks and models. Mastering Coaching starts by asking what skills an effective coach must now possess to boost the performance of their coachees. In response, it summarises the most important research in areas such as neuroscience, sports psychology and mindfulness, positive psychology, mastery and goal-setting and offers a clear, simple and practical guide to how this new thinking can help coaches and managers to develop their own coaching practice. Written by Max Landsberg, executive coaching and professional development expert and author of the perennial bestseller The Tao of Coaching, Mastering Coaching goes beyond the basics of coaching by providing insights which offer a proven route map to coaching success. Practical and jargon-free, the book will equip readers with the techniques and tools necessary to take their coaching to the next level.

This handbook is currently in development, with individual articles publishing online in advance of print publication. At this time, we cannot add information about unpublished articles in this handbook, however the table of contents will continue to grow as additional articles pass through the review process and are added to the site. Please note that the online publication date for this handbook is the date that the first article in the title was published online.

The Definitive Guide to Developing Organizational Leaders: Easyread Edition

Improve performance - rapidly

Big-time Football at Harvard, 1905

50 Team Exercises that Get Results in Just 15 Minutes

Nine Minutes on Monday: The Quick and Easy Way to Go From Manager to Leader

A year-round system for athlete development and program success

Techniques, Tactics, and Teaching Points

Coaching Questions, Powerful And Effective Coaching Questions To Kickstart Personal Growth And Succes Now! Do you want know what type of questions you need to ask the people you are coaching ? Do you want to learn the ability to craft the right questions for the right moment ? Coaching Questions is a well-rounded introduction to the principles of coaching. The questions described in this book are not only easy to follow, but also very result oriented. They are also questions that you can ask any person irrespective of their career and you will still get valuable feedback. The book explains exactly what type of questions you need to ask the people you are coaching, and gives you the reasons for every category of questions. For that matter, you can easily decide the kind of questions to ask when dealing with a newcomer, when someone seems to have social issues, when someone's career is on a nosedive, and so on. There are also specific questions laid out as demonstration, just to ensure you are clear on how to meet your objectives. This, therefore, leaves you with the ability to craft the right questions for the right moment. In this book you will learn: Precisely what coaching is about The various categories of coaching questions and how each one helps the process The inhibitions of poor questioning How skilled questioning earns you confidence How the art of questioning leads to success for people under your charge How to identify a great coach for money related matters How to identify a great coach for matters of health How to identify a great coach to help you in your spirituality How executives stand to benefit from coaching Much, much more Buy your copy today!

Coach the Person, Not the ProblemA Guide to Using Reflective InquiryBerrett-Koehler Publishers

Create made-to-order learning experiences that deliver results with this guide. By emphasizing deep listening and empowering learners to pull coaching conversations forward, you'll help coaches build experiences that count. This third book in the ATD Workshop Series, takes a service-oriented approach to workplace coaching. It teaches the essential skills trainers must master to give learners what they need when they need it. Each half-day, full-day, and two-day program in this volume comes with its own agenda to drive the workshop and includes online presentation slides, handouts, assessments, and tools. --

Coaching is proving to be one of the most popular and most effective techniques in the field of learning and development. Managers are constantly being reminded that coaching is an important part of their role in getting the best from staff, while trainers are increasingly being called upon to coach individuals in a variety of aspects of both work and life. This one-stop book aims to provide everything readers need to be able to harness this technique. Part 1 of the book provides a detailed and clearly structured step-by-step approach, which should help anyone to develop their ability to coach others. Importantly however, as well as helping to develop the skills of coaching, the authors provide valuable guidance on: where to start when coaching a colleague; how long the coaching will take; and which methods should be employed and when. Part 2 provides a range of real-life case studies from a variety of commercial and non-commercial settings that will help you to decide how coaching can best be tailored to your own organization. The final part of the book contains detailed practical exercises that can be used in a variety of settings. Each of these individual elements combine to provide the definitive coaching handbook.

Real-Life Discipleship Training Manual

From Procrastination to Creative Genius in 15 Minutes a Day

15 Minute Pause: A Radical Reboot for Busy People

The HeART of Laser-Focused Coaching: A Revolutionary Approach to Masterful Coaching

A Warrior's Guide to Building a Wildly Successful Coaching Business from the Inside Out

The Art and Science of Coaching Conversations for Healthcare Professionals

Coach the Person, Not the Problem

"Whether you're a parent new to coaching or an experienced youth wrestling coach, [this book] is your handbook for a successful season. . .ideal for coaches of wrestlers ages 8 to 14, it contains 23 new activities and more than 20 coaching tips."--Cover.

The healthcare environment is in flux. On the one hand, doctors are being driven into ever larger group practices by increasing regulatory and administrative burdens and the need for greater negotiating power. At the same time, growing infrastructure costs and the threat of payment reform is pushing them into closer alignment with hospital systems. This rapidly changing environment requires a more sophisticated set of leadership skills. This book introduces a unique and practical coaching style as a way of interacting with colleagues, managing direct-reports, helping others solve problems, responding to change, making effective choices and developing professionally. It draws from four evidence-based models for interacting with others and facilitating change - solution-focused therapy, cognitive-behavioral therapy, motivational interviewing, and transactional analysis – and reframes them so that they are congruent with managerial and leadership terminology and provide a practical set of methods and tools for today's healthcare leader.

Why isn't your coaching business thriving? Why are you feeling so damn stuck? This book is the missing link to turning your calling into a thriving business. What would it be like to finally understand why you're not making money and to know how to stop doubting yourself? You can become a wildly successful coach on your own terms. It's time to stop asking, "Who the f*ck am I to do this work? " I've shown hundreds of warrior coaches how to serve clients, make a difference, and make a living - all while staying true to themselves. I've built a successful and profitable coaching business without torturing myself or following someone else's blueprint, and so can you. Your future clients are counting on you In this book, you'll learn: Why many new coaches fail to create a sustainable and profitable business. The inside-out approach to finding and enrolling clients who are dying to work with you. How to price your coaching in a way that is abundant, sustainable, and honorable. Why joy, inspiration, and grace are critical to your business strategy. How to step courageously into the coach you were born to be... right now

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

A Handbook for Leaders, Coaches, HR Professionals and Organizations

Coaching Youth Wrestling

The Truth about Supervision

The Concept of Tactical Periodization

Coaching on the Go

The Five Minute Coach

Powerful and Effective Coaching Questions to Kickstart Personal Growth and Succes Now!

Womens Health magazine speaks to every aspect of a woman's life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

"Organized" and "artist" don't usually go together. Creative types are more often seen as sensitive, melodramatic, eccentric, misunderstood, and the like. To labels like this, Sam Bennett says, "Congratulations! You're an artist." And through The Organized Artist Company, she has coached hundreds of artists to overcome procrastination, lack of focus, and time-sucking habits so that they can get their art done and out into the world. Bennett explains why "procrastination is genius in disguise" and then prescribes dozens of wonderfully revelatory exercises. From "My Heroes" lists to "Could Do" lists (because To-Do lists make Bennett belligerent) to recognizing who you should not talk to about your project and when research has created Analysis Paralysis, each of these actions requires only a 15-minute commitment. But while quickly accomplished, each shifts the reader's thinking and prompts the kind of insights that have the power to turn underperforming geniuses into accomplished artists"--

Learn to coach girls' basketball from one of the most successful U.S. high school coaches. In Coaching Girls' Basketball Successfully, veteran coach Jill Prudden explains the methods she has used to win more than 700 games and send dozens of female players to the collegiate level, including Olympian Jennifer Azzi. Packed with insights, plays, and drills, this comprehensive book presents the tactics for leading an effective program as it specifically relates to girls' teams. Not only will you find the skills and drills to help your team improve on the court, but you will also discover the foundational issues of developing a philosophy, motivating, evaluating, and communicating with players and staff. Sample forms, charts, and checklists help you organize and manage teams on a daily, weekly, monthly, and seasonal basis. Through Prudden's expert guidance and compelling anecdotes, you will learn to identify and put into play the unique team dynamics of girls' basketball. Coaching Girls' Basketball Successfullywill show you how to build a winning program and team, year in and year out.

*"In a team situation, many issues -- like lack of trust and commitment, unresolved conflicts, and the inability of individuals to understand how their actions impact the rest of the team -- can stop even the most promising groups from delivering great results. This simple, easy-to-use book gives managers, supervisors, and team leaders activities to help their teams overcome emotional obstacles and become more effective. Readers will find powerful, proven exercises they can use to help employees: * identify individual and team mood * deal with anger and emotional triggers * avert, rather than avoid, conflict * encourage communication * overcome fear and other obstacles * understand and manage competition * honor differences * assess team strengths and weaknesses * pick up on cues from teammates * control the emotional climate of the team Each activity is followed by a discussion of its purpose, how to use it, and a list of post-activity questions to help solidify each lesson. This practical, effective collection of proven exercises will elicit the best from any team."*

Coaching Myths

Equipping Disciples Who Make Disciples

Women's Health

Coaching Better Every Season

2005 ASTD Training and Performance Sourcebook

Bo's Warriors

An Action Kit for Trainers and Managers

A soccer player is more than the sum of his parts: endurance, speed, shooting technique, passing technique, and many more. All of these factors need to be turned into one system to create good players. Traditional training theory doesn't achieve that because each skill is trained individually. This is why the concept of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches: Pep Guardiola, Jos é Mourinho, Diego Simeone, Andr é Villas-Boas, and many others train according to these principles. By creating match-like situations in practice, players learn to link their technical, tactical, and athletic abilities to match intelligence. They will learn to transfer their skills to soccer matches and they can improve endurance, technique, and tactics all at the same time while enjoying the practice sessions more. For this book, the author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands. All exercises are performed with a ball so that players learn to apply each skill to the game. Every coach will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players' and the team's performance. With Tactical Periodization, your team will become better and be successful on the next match day!

The FT Guide to Business Coaching shows you everything you need to know about becoming a business coach, from how to find out if you've got what it takes, through the basic tools and models that really work. This book gives you a step-by-step guide to the tools, the market knowledge and the crucial new techniques from psychology you need to become an exceptional business coach. Clear, compelling and comprehensive, covering classic and fresh material from both business and psychology, this is the first book to cover both the critical elements of world-class business coaching. This book takes you through a tried and trusted process developed specifically for senior business leaders. It will help you: Know when to coach and when to lead. Build powerful listening skills. Get to grips with the most useful and up-to-the minute coaching tools and psychological techniques. Calculate if – and crucially, how - you can make a living as a business coach. Decide if, how and when to go for accreditation as a coach.