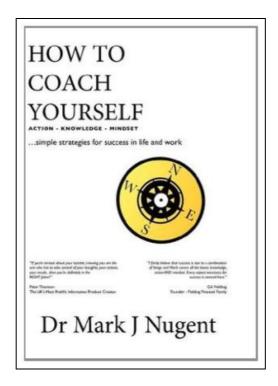
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HOW TO COACH YOURSELF: ACTION. KNOWLEDGE. MINDSET (HARDBACK)



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Pure People Performance Ltd, United Kingdom, 2012. Hardback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. How to Coach Yourself is a collection of the best of my blog - Pearls of Leadership Wisdom. In this book, I use my 25 years of business experience to offers simple, effective and implementable strategies for success in life and work. I cover the three critical areas that will make the difference to you - ACTION - KNOWLEDGE - MINDSET Taking Massive Action - how to immediately boost your personal productivity while actually reducing your stress levels. I am a business and executive coach. After a 20 year career as a manager in a major UK plc and as a board member and joint owner of a privately held manufacturing company, I established my own executive and business coaching company where I work primarily with senior managers in the private, public and third sectors. What You Need To Know - getting the basics right in organisations of all sizes and getting along with others, whether they work for you or not. Mastering Your Mindset - we all have an internal speed limit and it is set for us by our mindset. But when you master your mindset, you get to choose your speed limit!.



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