



# Coaching Essentials: Practical, Proven Techniques for World-class Executive Coaching

*Patricia Bossons, Denis Sartain, Jeremy Kourdi*

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Now a billion dollar industry, executive coaching is one of the fastest-growing sections of the coaching market, and is widely used by senior managers and chief executives in large organisations.

In this accessible guide, Patricia Bossons, Jeremy Kourdi and Denis Sartain offer clear explanations of key coaching theories before putting that theory into context with a comprehensive selection of practical tools and techniques. The potential benefits and uses of each technique are explained and then followed with advice on how to apply the technique and make it work for you - allowing readers to match situations or issues with specific coaching techniques for optimum results.

The unique, practical approach of this book will make it essential reading for managers and leaders at all levels as well as professional coaches.



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