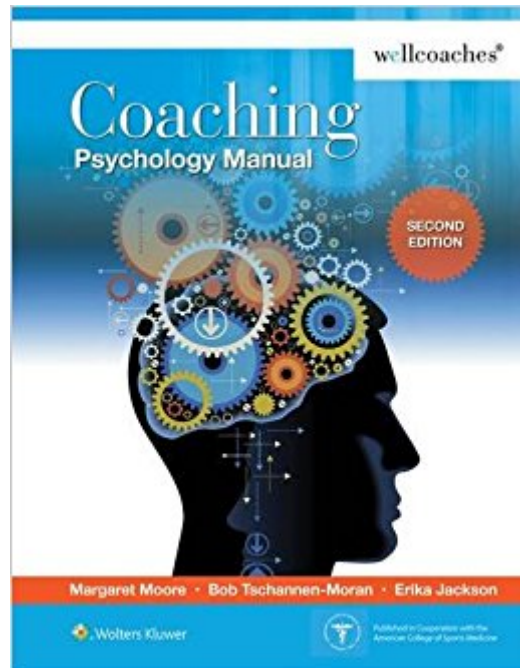




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Coaching Psychology Manual



Synopsis

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Prepare for Wellcoaches certification and your career as a health and wellness coach with *Coaching Psychology Manual, 2e*. Now in full color and, examples, and real-life scenarios, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being. Reviewed by the American College of Sports Medicine, the gold standard in credentialing health and fitness professionals, exercise and weight guidelines, sports medicine, ensures quality, currency, and accuracy. Examples of coaching dialogs, specific to the skills discussed offer additional insights and perspectives on effective coaching practices. Important! boxes draw attention to must-know information for facilitating productive and powerful client sessions. Don't forget... boxes highlight critical points to keep in mind while building relationships with clients. Review and discussion topics give you a chance to practice chapter concepts. Online instructor ancillaries include eBook and Image Bank.

Book Information

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Customer Reviews

Excellent text. The book would be useful to all coaches, not just those coaching in the areas of health and wellness. The information is useful in developing good listening skills in all fields, not just

coaching. After I complete the book, I will give it to my husband who is developing his management coaching practice as an extension of his consulting work. The book is research-based and the bibliography is excellent.

The best coaching manual book ever. A must buy for people wanting to become health coaches. Highly recommended.

Will keep this book for future reference....excellent!

Gold! Just what I needed to advance my career!

I bought this for a class through Wellcoaches. I thought the book was well written and easy to follow. Good organization and information on coaching.

A book full of insights

Excellent

college

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