



The Coaching Manual: The Definitive Guide to The Process, Principles and Skills of Personal Coaching (3rd Edition)

Julie Starr

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Widely recognised as a leading practical handbook on coaching, *The Coaching Manual* combines an understanding of coaching principles, skills, attitudes and behaviours, along with practical guidance and a comprehensive tool kit for coaches.

The Coaching Manual demystifies the full coaching process, from first step to final meeting. This is the complete guide to coaching and includes: models, perspectives, skills, case studies, tips and advice.

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