



Performance Coaching For Dummies

By Gladeana McMahon, Averil Leimon

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Performance coaching is a modern and rapidly growing method used to assist development, and involves helping individuals to improve their performance in all areas of their life, with a particular emphasis on the workplace. Performance coaching draws parallels with NLP and often focuses on the psychology of excellence – making what's good even better, and helping individuals keep ahead of the game. On an organisational level it can include helping managers to consider how to get the best from their staff, peers and superiors, as well as helping to identify strengths, weaknesses, opportunities and threats. A performance coach assists individuals in building on their successes and helps to design, plan and instigate successful business/life strategies.

Despite its popularity confusion still surrounds coaching. It is a relatively new area and there is still a lack of understanding about how best to use coaching and in what specific situations it will be most effective. In addition to this, anyone can assume a performance/professional/business/life coach title without holding any particular qualification or registration. With this increased awareness and confusion the need for a no-nonsense book on the topic that offers trusted advice is needed all the more, which is where *Performance Coaching For Dummies* steps in.

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Performance Coaching For Dummies By Gladeana McMahon, Averil Leimon Bibliography

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Editorial Review

From the Back Cover

Practical techniques for improving performance and achieving excellence

Expert advice to help you unlock potential and achieve your goals

Performance Coaching uses a wide range of practical tools and techniques to facilitate development, learning, and ultimately personal and professional success. Whether you want to motivate a team at work or boost your own individual performance, this expert guide walks you step-by-step through the basics of Performance Coaching and shows you how to use it effectively to unlock potential, overcome challenges, maximise performance, and succeed in all areas of life.

Discover how to:

- Build a repertoire of advanced coaching skills
- Give positive feedback and constructive criticism
- Engage others effectively
- Consider the impact of body language and listening skills
- Manage organisational challenges and deal with problems effectively

About the Author

Gladeana McMahon was named as one of the UK's top ten coaches by the Independent on Sunday and Sunday Observer.

Averil Leimon is a leading international coach and an accreditor for the Association for Coaching.

Users Review

From reader reviews:

Diane Williams:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each publication has different aim as well as goal; it means that guide has different type. Some people really feel enjoy to spend their time for you to read a book. They are really reading whatever they acquire because their hobby is actually reading a book. What about the person who don't like reading a book? Sometime, particular person feel need book after they found difficult problem as well as exercise. Well, probably you will require this Performance Coaching For Dummies.

Richard Riggins:

This Performance Coaching For Dummies is great book for you because the content and that is full of information for you who else always deal with world and have to make decision every minute. That book

reveal it information accurately using great plan word or we can say no rambling sentences inside it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but difficult core information with attractive delivering sentences. Having Performance Coaching For Dummies in your hand like keeping the world in your arm, details in it is not ridiculous one particular. We can say that no book that offer you world within ten or fifteen second right but this book already do that. So , it is good reading book. Hey Mr. and Mrs. busy do you still doubt that will?

Jeffrey Spencer:

On this era which is the greater person or who has ability to do something more are more precious than other. Do you want to become certainly one of it? It is just simple method to have that. What you need to do is just spending your time not much but quite enough to have a look at some books. Among the books in the top list in your reading list will be Performance Coaching For Dummies. This book that is certainly qualified as The Hungry Hills can get you closer in growing to be precious person. By looking upward and review this publication you can get many advantages.

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