



Be Your Own Coach: Your Pathway to Possibility (Crisp Fifty Minute Series)

Barbara Braham

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This book will show you how to recognize opportunities for personal and professional growth, define commitments to yourself and keep them, develop greater self-confidence and self-awareness, and understand the power of your feelings, moods, and reactions. It is possible for you to develop your own approach to learning and excel without the benefit of a formal coach. By developing self-coaching skills, you will empower yourself by creating new possibilities for growth for yourself and your organization.

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