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It reflects the advancement of this knowledge and the maturing of the coaching industry. CREATING HIGH PERFORMANCE. The fact that Coaching for Performance focuses on creating high performance might seem obvious to all. What I am keen to underline throughout this edition, though, is that the principles of coaching can be applied to any type of activity and will have the impact of raising performance.

Sir John Whitmore's Coaching for Performance Book 5th ...

Coaching for Performance: The Principles and Practice of Coaching and Leadership FULLY REVISED 5TH ANNIVERSARY EDITION. Paperback – 7 Sept. 2017. by.

Coaching for Performance: The Principles and Practice of ...

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10 principles of effective coaching

Through his books - most notably *Coaching for Performance* - workshops and speeches, he defined the principles of performance coaching and midwifed its birth from sporting excellence, transpersonal psychology, and emotional intelligence. *Coaching for Performance* is widely considered to be the bible of coaching and Sir John's vision, philosophy,

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