



# Coaching Essentials: Practical, proven techniques for world-class executive coaching

*Patricia Bossoms, Jeremy Kourdi, Denis Sartain*

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Now a billion dollar industry, executive coaching is one of the fastest-growing sections of the coaching market and is widely used by senior managers and chief executives in large organisations.

In this accessible guide, fully updated for this second edition, Patricia Bossoms, Jeremy Kourdi and Denis Sartain offer clear explanations of key coaching theories before putting that theory into context with a comprehensive selection of practical tools and techniques. Benefits and uses of each technique are explained and then followed with advice on how to apply the technique and make it work for you - allowing readers to match situations or issues with specific coaching techniques for optimum results.



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