



# Performance Coaching: A Complete Guide to Best Practice Coaching and Training

*Carol Wilson*

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Effective performance coaching helps individuals and organizations achieve their maximum potential, tackle challenges, and reach specific goals. It leads to personal and professional development and helps create a work-life balance.

Written as an introduction for those thinking of becoming or hiring a coach – personal or corporate – and a reference guide for experienced coaches, *Performance Coaching* offers a guide to the fundamentals of coaching by illustrating how to develop a best practice approach.

Using practical tools throughout the text and international case studies to demonstrate the various cultural challenges, *Performance Coaching* is a complete resource for developing coaching in any organization.

The new edition is completely updated to offer a greater focus on building a coaching culture in organizations and on the challenges that leaders face in understanding and developing a coaching approach.

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