

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



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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