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simply a case of honing these skills in order to effectively facilitate thought-provoking one-to-one conversations with others.

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An Introduction to Coaching Skills is an invaluable resource for novice and trainee coaches. Its accessible, step-by-step style acquaints you with the key skills needed to become a successful coach and, with its focus on the applied side of coaching, the book is an essential text for anyone starting out on their coaching voyage.

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