



# Mastering Coaching: Practical insights for developing high performance

*Max Landsberg*

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Coaching is one of the most sought-after leadership skills - vital for anyone who wants to develop a team of people who will perform effectively, but are also motivated and relish working together. It's also a dynamic discipline which, in recent years, has developed and grown to embrace theory and practice from a wide range of other disciplines, frameworks and models.

*Mastering Coaching* starts by asking what skills an effective coach must now possess to boost the performance of their coachees. In response, it summarises the most important research in areas such as neuroscience, sports psychology and mindfulness, positive psychology, mastery and goal-setting and offers a clear, simple and practical guide to how this new thinking can help coaches and managers to develop their own coaching practice.

Written by Max Landsberg, executive coaching and professional development expert and author of the perennial bestseller *The Tao of Coaching*, *Mastering Coaching* goes beyond the basics of coaching by providing insights which offer a proven route map to coaching success.

Practical and jargon-free, the book will equip readers with the techniques and tools necessary to take their coaching to the next level.

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