

Swimming Teaching And Coaching Level 1

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published with the association for coaching excellence in coaching presents cutting edge thinking in the field of workplace coaching this comprehensive industry guide enables coaches to achieve personal excellence in a rapidly evolving profession through a collection of best practice material from some of the biggest names in the profession including sir john whitmore philippe rosinski and peter hawkins part one covers the business of coaching telling practitioners everything they need to know about setting up a coaching practice defining the coaching requirements building a business case and embedding best practice in workplace coaching part two covers models and approaches including nlp appreciative coaching cognitive behavioural coaching and solution focused coaching part three considers issues around coaching including evaluating coaching programmes ethics and coaching supervision this latest edition has been updated to reflect recent developments in the industry and includes a new chapter on team coaching excellence in coaching is essential reading for practising coaches as well as for anyone studying coaching through the ilm coaching training a master s course or more generally as part of a psychology or business degree

coaching youth gymnastics is an invaluable resource for both new coaches and also for more experienced teachers those who train

coaches will also find much of value in the book the various disciplines of gymnastics are explained together with how they fit into the framework of international gymnastic competition and the author discusses various coaching styles and how they might best be applied in different circumstances topics covered in this new book include the role of the coach sports psychology floor exercise skills coaching use of apparatus and preparing for competition fully illustrated with 21 colour photographs and 200 diagrams

new york times wall street journal and usa today bestseller gold medal winning olympic gymnast and dancing with the stars champion laurie hernandez shares her story in her own words in this debut book for fans of all ages with never before seen photos at sixteen years old laurie hernandez has already made many of her dreams come true and yet it's only the beginning for this highly accomplished athlete a latina jersey girl laurie saw her life take a dramatic turn last summer when she was chosen to be a part of the 2016 us olympic gymnastics team after winning gold in rio as part of the final five laurie also earned an individual silver medal for her performance on the balance beam nicknamed the human emoji for her wide eyed and animated expressions laurie continued to dance her way into everyone's hearts while competing on the hit reality tv show dancing with the stars where she was the youngest ever winner of the mirrorball trophy poignant and funny laurie's story is about growing up with the dream of becoming an olympian and what it took to win gold she talks about her loving family her rigorous training her intense sacrifices and her amazing triumphs be prepared to fall in love with and be mesmerized by america's newest sweetheart all over again

written exclusively for sales managers this brief concise primer will help turn managerial skills into those of a top notch teacher motivator and mentor someone who gets results through inspiration and example

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