

1. Record Nr.	UNINA9910459588403321
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Titolo	Becoming your own business coach [[electronic resource] /] / George W. Watts
Pubbl/distr/stampa	Santa Barbara, Calif., : Praeger, c2010
ISBN	1-282-49212-8 9786612492129 0-313-38362-6
Descrizione fisica	1 online resource (190 p.)
Disciplina	658.4/07124
Soggetti	Executive ability Executive coaching Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title; Copyright; Contents; Chapter One: Becoming; Chapter Two: Becoming More Introspective; Chapter Three: Becoming Aware of Your Path; Chapter Four: Becoming the Leader; Chapter Five: Becoming a Better Team Leader; Chapter Six: Becoming Your Change Agent; Chapter Seven: Becoming Confident; Chapter Eight: Becoming Your Vision; Chapter Nine: Becoming Your Core Competencies; Chapter Ten: Summary; Index
Sommario/riassunto	This hands-on, self-coaching program helps aspiring leaders develop their skills, understand themselves, and realize their dreams.