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Autore	Hart E. Wayne <1945->
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Nota di contenuto	Title Page; Table of Contents; What Is Executive Coaching?; Getting Ready for an Executive Coach; Establishing the Coaching Relationship; Working with Your Executive Coach; Using Your Coach for Assessment; Using Your Coach for Challenge; Using Your Coach for Support; Handling a Resistance to Coaching; Building on the Coaching Relationship; Suggested Readings; Background; Key Point Summary; Lead Contributors
Sommario/riassunto	If you are a manager or executive who is beginning a coaching engagement or who is considering a developmental plan that calls for an executive coach, you need more than a desire to improve your leadership capabilities. You also need to understand how to get the most from your work with a professional coach. This guide can help you to understand the unique nature of a coaching engagement and to

assess your readiness to embark on this method of professional development. The book describes the three main elements of a coaching engagement-assessment, challenge, and support- and provides informati
