

## Coaching basics

Haneberg, Lisa, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20441220&lokasi=lokal>

---

### Abstrak

Hone your coaching skills with techniques to successfully integrate coaching into your daily practice as a training professional.

Coaching is a core skill of all good trainers, managers, organization development practitioners, and human resource professionals. Done skillfully, coaching can move mountains of self-imposed resistance and break down barriers that get in the way of actions and results. Coaching Basics presents a focused methodology with examples and exercises to help you perfect your coaching skills and effectively mentor others.