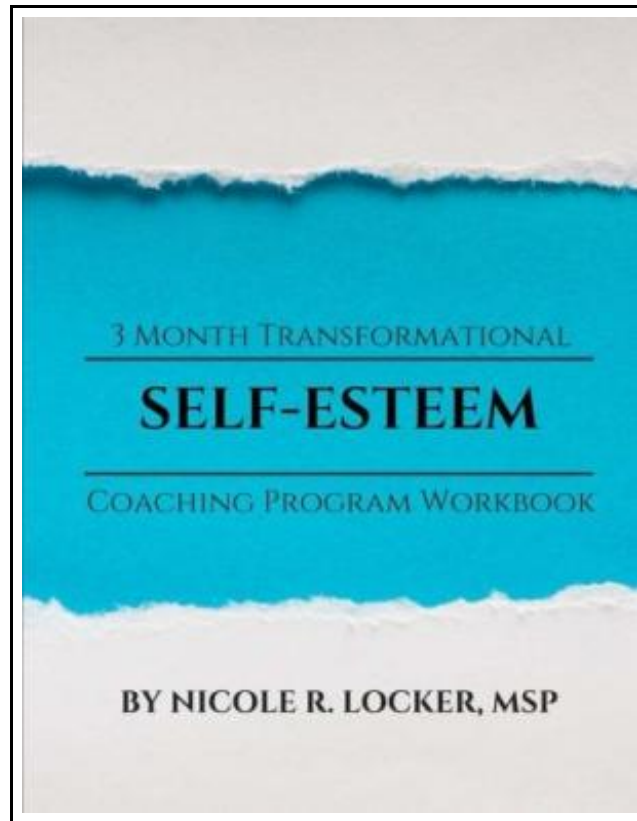


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Reviews

Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Kian Harber)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This structured 3 month coaching program was developed for individuals looking to build or re-build their self-esteem to become more effective in their careers, relationships, and daily lives. It is best used in the context of professional life coaching with a trained professional to assist with the goal setting and powerful questioning you will receive from a life coach. For coaches looking for a program to use with clients, the information contained in this workbook is completely based on scientific research on the topic of self-esteem (references included). It comes complete with a 3 month agenda mapping out what each session will consist of, an example of the poster/flier created initially for the author s own use of the program, and a full set of exercises to complete with your clients to help them build their self-esteem. This workbook contains the tools and exercises needed for both coach and clients to complete the Self-Esteem 3 Month Transformational Coaching Program brought to you by Life Goal Solutions, Inc. It involves exercises for personal development in areas, such as resilience, assertiveness, conflict resolution, and more.



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