

**Step by Step**

**Coaching** for Creating

the **Life You** Want

**PERSONAL  
BEST**

**David Rock**

# Personal Best Step By Step Coaching For Creating The Life You Want

**RJ Alexander**



## **Personal Best Step By Step Coaching For Creating The Life You Want:**

Personal Best David Rock, 2001 Every professional sportsperson today has a coach whose job is to guide encourage inspire and challenge the performer to achieve their personal best performance every time they go out on the field Imagine what it would be like if you had a coach like that for your own life Someone running along the sidelines with you helping you set and reach your own goals someone committed to you being the best you could be in the game of life Imagine what a difference it could make to your performance every day PERSONAL BEST gives you this unique opportunity Written by David Rock founder and CEO of Results Life Coaching this book is designed as a step by step workbook supported by inspiring stories of other people going through the coaching process

**The Business and Practice of Coaching** Wendy Allen, Lynn Grodzki, 2014-01-27 Building a thriving coaching business is a challenge An estimated 30 000 coaches have entered the coaching profession during the past five years Unfortunately the majority report they are unable to earn a living wage from their coaching services Competition is high and the knowledge of how to succeed in the business is often lacking To survive today coaches must match their enthusiasm with strong business and marketing expertise Lynn Grodzki and Wendy Allen are veteran business coaches who understand how to strategically approach the business and the practice of coaching as well as how to mentor new coaches entering the profession The Business and Practice of Coaching is the first text to combine a coaching approach step by step exercises direct suggestions insider s tips and motivational plans with solid business information and ideas in order to give new and experienced coaches exactly what they need to prosper in the competitive business of coaching Grodzki and Allen help coaches succeed by giving them the right information showing them how to develop an entrepreneurial mind set and demonstrating how to customize a business plan that can spell the difference between accomplishment and collapse Grodzki and Allen gives each reader the ability to Build a coaching business that has relevance to the larger community around it and be aligned with the new realities of the coaching profession Refine your coaching skill set to incorporate the five coaching competencies that signal to the public that you are a masterful coach Define your innate coaching specialty and target a profitable niche market so you can make a bigger impact as a coach Implement the eight best marketing strategies to attract coaching clients and know the marketing ideas that coaches do best to avoid Set and raise your fees the right way develop multiple streams of coaching income and build a six figure business that you can own and sell Institute risk management policies that ensure your practice is legally safe ethically sound and trouble free Covering all of the territory from positioning your coaching business differentiating it from the competition acquiring basic entrepreneurial skills and learning from profiles of master coaches The Business and Practice of Coaching offers a wealth of information and accessible yet expert guidance Readers will discover how to take advantage of current trends and avoid distracting hype within the quickly changing coaching profession so that the coaching business they build today will be viable tomorrow

*Second Firsts* Christina Rasmussen, 2019-05-21 A widow and therapist explores grief loss

and our innate resilience in this updated guide drawing on neuroscience and personal experience to lead the bereaved through the five stages of healing After studying to become a therapist and crisis intervention counselor even doing her master s thesis on the stages of bereavement Christina Rasmussen thought she understood grief But it wasn t until losing her husband to cancer in her early 30s that she truly grasped the depths of sorrow and pain that accompany loss Using the knowledge she gained while wading through her own grief and reading hundreds of neuroscience books Rasmussen began to look at experiences in a new way She realized that grief plunges you into a gap between worlds the world before loss and the world after loss She also realized how easy it is to become lost in this gap In *Second Firsts* Rasmussen walks you through her Life Reentry process to help you break grief s spiral of pain so you can stop simply surviving and begin to live again She shows you that loss can actually be a powerful catalyst to creating a life that is in alignment with your true passions and values The resilience strength and determination that have gotten you through this difficult time are the same characteristics that will help you craft your wonderful new life Her method which she has used successfully with thousands of clients is based on the science of neuroplasticity and focuses on consciously releasing pain in ways that both honor suffering and rewire the brain to change your perception of the world and yourself Using practical exercises and stories drawn from her own life and those of her clients Rasmussen guides you through five stages of healing that help you open up to new possibilities From acknowledging your fear to recognizing where you stand now to taking active steps toward a new life Rasmussen helps you move past the pain and shows that it s never too late to step out of the gap and experience life again as if for the first time

**Your Brain at Work** David Rock,2009-10-06 In *Your Brain at Work* David Rock takes readers inside the heads literally of a modern two career couple as they mentally process their workday to reveal how we can better organize prioritize remember and process our daily lives Rock the author of *Quiet Leadership* and *Personal Best* shows how it s possible for this couple and thus the reader not only to survive in today s overwhelming work environment but succeed in it and still feel energized and accomplished at the end of the day

**Transform Your Life: 10 Steps to Real Results** Carole Gaskell,2016-03-17 An inspirational step by step guide to Taking Charge of Your Life and Unlocking Your Full Potential Due to the level of detail quizzes and illustrations are best viewed on a tablet

**Life Coaching For Dummies** Jeni Purdie,2010-07-20 Become a life coach for yourself and others with this practical informative guide If you re interested in doing away with negative beliefs making a significant change in your life and finally create and live the life you want life coaching is the key In this practical introduction you will learn the empowering techniques essential to life coaching including putting together an action plan getting your priorities straight staying focused defining true success overcoming common obstacles and coaching yourself to happiness With more information than ever before this new updated edition includes material on emotional intelligence and active listening With insights on what to expect from life coaching and how to develop your own life coaching techniques the book offers sound advice on what it takes to become a professional life coach

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