Answer Key To Performance Coach Mathematics 5th Grade

Through extensive research into elite coaches in the world of business and sports, this book investigates the mindset, skills and behaviours required to be a top sales coach and provides a range of practical models, tools and techniques for sales leaders and professionals to use.

An engaged employee is someone who feels involved, committed, passionate and empowered and demonstrates those feelings in work behavior. This book explains that a more engaged workforce is really about better performance management. The authors expand the traditional notion of performance management to include building trust, creating conditions of empowerment, managing team learning, and maintaining ongoing straightforward communications about performance, all of which are critical to employee engagement. The "best practices" tools and advice in this book are based on solid research as well as the authors' experience.

This book provides you with 7 cutting-edge, yet well-proven management tools to use coaching successfully in enterprises and structure its implementation and optimization in organisations. It also contains 23 practical case studies from all over the world, written by managers/directors responsible for coaching in their firms. Learning and Development (L&D), Human Resources (HR) and Organisational Development (OD) directors and managers concerned with the implementation or improvement of coaching in their organisation, will find this guide an invaluable resource for their daily work in this area. Also CEOs, board members, directors, coaching providers, coaches and consultancies involved in coaching programmes will benefit from reading this book. Readers' comments: 'This is the best organizational coaching book I have ever read.' The 'Global Business Guide' is 'brilliant' and 'more than justifying its title'. 'The book is excellent in terms of depth, width, clarity and book design.' Author: Frank Bresser (Receiver of Global HR Excellence Award 2011) Editor: Amanda Bouch Available in book trade as paperback (colored cover; b/w) and/or ebook (colored)

Employee Engagement Through Effective Performance ManagementA Practical Guide for managersRoutledge

Coaching for High Performance

Theory and Practice

Ultimate Performance Management

Best Coaching Practices from The Ken Blanchard Companies

Pathways to Superior Performance

Quality Teaching in a Culture of Coaching

Achieving Superior Performance from Individuals and Teams

Athletic Development: A Psychological Perspective is an examination of the psychological factors that help or hinder the development of participants in sport. This includes influences such as families, coach-athlete interactions, and transitional episodes on an individual's pathway in sport. This edited collection of topical chapters shines a unique psychological perspective on the athlete's development through sport. It explores a range of contemporary themes that influence athlete's development including: An introduction to athletic development which orientates a holistic, psychological perspective of the athletic development process. Social influences on athletic development, which explores the impact of varied social influences (e.g., coach, family, peers, school) on sports participation and performance from a psychological perspective. Athlete wellbeing, which explores various aspects influencing mental health and welfare as an athlete progresses through their sports career. The book combines key theory with illustrative case studies, to analyse the complexities of athletic development. It takes a critical perspective highlighting some of the debates and controversies in these areas and uses spotlight boxes in each chapter to focus on questions or topics of particular interest. Athletic Development: A Psychological Perspective is a key reader for all students in the fields of sport and exercise psychology, sport coaching, and related sport science subjects.

Leadership coaching has become vitally important to today?s most successful businesses. The Art and Practice of Leadership Coaching is a landmark resource that presents a variety of perspectives and best practices from today?s top executive coaches. It provides valuable guidance on exactly what the best coaches are now doing to get the most out of leaders, for now and into the future. Revealing core philosophies, critical capabilities, and the secrets of coaching success, this one-of-a-kind guide includes essays from fifty top coaches, including Ken Blanchard and Frances Hesselbein. Packed with cutting-edge ideas and proven best practices, this is the definitive source of information for anyone dealing with coaching.

The book provides a tool kit for managers tasked with raising performance and sustaining motivation. Organisations are being judged by the way in which they accommodate the needs of the individual in work and life-style terms. In this context, the 'smart' employer will not only be looking to develop policies that retain talent through recognising their work-life issues, they will be equipping their managers to manage that talent in ways which maximise the contribution that individual can make. The text introduces managers to techniques largely drawn from Brief Therapy (De Shazer & Berg). Brief Therapy is used in the UK, but primarily by social workers, psychologists and counsellors. It's application to work settings is now growing. The attraction of a Solution Focussed approach to coaching is that it offers pragmatic tools that help managers structure helping conversations. The book presents the principles of solution focussed thinking in a language that is readily understandable by managers, and shows how those principles can be applied to a range of issues which managers may find themselves facing as willing or enforced coaches. The book places coaching as an activity which can be done as part of the daily process of management.

This comprehensive guide to coaching explores a full variety of coaching theories, approaches and settings, and offers strategies for the reader to identify and develop a personal style of coaching. The book is divided into three parts: - Part One explores the theoretical traditions that underpin the foundation for coaching such as cognitive-behavioural, Gestalt and existential. - Part Two covers applied contexts, formats or types of coaching such as life, executive, peer, team and career coaching. - Part Three focuses on professional issues that impact the coach such as ethics, supervision, continuing professional development, standards and mental-health issues. Written by leading international authors, each chapter makes explicit links between theory and practice and generic questions will facilitate further reflection on the topic. There are also suggestions for reading, and short case studies. This is the first book to explore the differences between the theoretical perspectives of coaching and the links between these perspectives in relation to contexts, genres and media of coaching.

An Essential Guide for Coaches, Parents and Teachers

A Psychological Perspective

50 Top Executive Coaches Reveal Their Secrets

Sport Coaching with Diverse Populations

second edition

Unleashing the Power of Collaborative Inquiry

An Effective Behavioral Approach

*Coaching is a central feature of sport at all levels. This groundbreaking new text is the first to offer a comprehensive introduction to the conceptual issues that underpin sports coaching practice, and to provide a complete conceptual framework for understanding sports coaching. The analysis presented within the book is practice-orientated, exploring the language of the coaching process in order to define the role of the coach, and to better understand the relationship between the coach and the sports performer. Sports Coaching Concepts introduces the key issues behind every stage of the coaching process, presenting important new material on topics such as: * the historical and international context of the development of sports coaching * the role of the coach * participation and performance coaching modes * modelling the coaching process * coaching 'style' and 'philosophy' * decision-making and regulating the process * social factors influencing practice * the future of coach education and professionalisation. The book draws together the existing sports coaching literature for the first time, setting it against important new conceptual developments, and promises to have a profound influence on the nature of our coach education programmes. This book therefore represents essential reading for any student of sports coaching and any serious coach wishing to develop and extend their own coaching practice.*

Performance coaching helps individuals and organizations achieve their maximum potential, tackle challenges and reach specific goals. It leads to personal and professional development and helps to create a work/life balance. Best Practice in Performance Coaching is both an introduction for anyone thinking of becoming or hiring a coach - whether private or corporate - and a reference guide for experienced coaches. A practical guide to the 'what' and the 'how' of performance coaching, it covers all topics from the personal and executive angle and explains the structure of a coaching relationship. There is extensive guidance on coaching techniques, models and tools as well as advice on how to train as a coach, how to run a coaching practice and how to structure coaching sessions. Complete with worksheets and exercises, evaluations and international case studies this is a thorough guide to performance coaching.

"As the business world grows in complexity and increases in pace, organisations expect the leaders of their management accounting teams to be just that--leaders. [Besides crunching numbers], equally important is [the] CFOs' participation on the executive team as a strategic leader of the finance function, a strong communicator, high-level negotiator and builder of a collaborative environment."--Back cover.

While the popularity of golf is coming under increased pressure, it continues to hook millions of players. However, the complexity of the game and the extremely high level of precision required to hit the ball consistently well means that it is a game that is difficult to even become 'good' at, let alone master. Consequently, irrespective of whether the player is a weekend golfer, a club member, or a tour professional, the search for the key to playing good golf feeds an insatiable desire for ideas and tips to improve golf performance and bring one's handicap down. However, traditional coaching, with its primary focus on developing the perfect swing is not leading to a reduction in handicaps and the time is ripe for a new approach. This book aims to fill this void and is a landmark text for golf coaches and players about applying a constraints-led approach (CLA) to golf coaching. In this book, two golf coaches, Pete Arnott and Graeme McDowall talk to Ian Renshaw to demonstrate how their practice is driven and inspired by their alignment to a CLA. A Constraints-Led Approach to Golf Coaching includes case studies and examples of how constraints are manipulated to induce adaption in the technical, tactical (or put in golf terms, course management), physiological, and psychological development mechanisms needed to improve at golf. Examples cover coaching from their work with beginners, high handicappers, aspirant tour players, and elite players looking to make the 'tour'.

A Practical Guide for Managers

Insights from the World of Sport and Business

Coaching Youth Gymnastics

Reading Informational Text, Grade 5

What Every Mom and Dad Should Know

Sports Coaching Concepts

A Framework for Coaches' Behaviour

Most managers coach employees by giving them feedback and evaluating their performance, right? Wrong. Coaching differs markedly from other managerial functions. With its wealth of tips, worksheets, and self-assessments, this handy guide shows managers how to use coaching--not only to strengthen direct reports' skills but also to rev up their performance to unprecedented levels.

Research on coaching education and development highlights, repeatedly, the difficulties of traditional coaching education to impact coaching practice. Practice seems to be disconnected from scientific theory with few coaches accessing the scientific literature as it too often is presented in dry, academic tones. This volume sets out to provide an integration of theory and everyday practice that to date has not yet been published in the field of coaching science in a text easily used by sports coaches. In order to bridge this theory to practice gap, Becoming a Better Sports Coach: Development through Theory Application presents theory and science connected to practice in a way that makes it possible for coaches to test, evaluate and improve upon their existing coaching practice. This hands-on approach sets out to improve coaches' cognition and raising self-awareness as well as improve coaches' learning using specific tools for behavioural feedback and reflection. Improving on self-reflective skills and eliciting feedback on the coach's own behaviour is how coaching practice is improved. What coaching practice includes and what is laid out for coaches in this new text is motivational climate, coaching behaviours, pedagogy, feedback, coach-athlete relationship, each in one chapter. Reflection and behavioural feedback are applied to each of these areas.

Coaching adventure sports is part of the core work of many adventure educators but has been largely neglected in the adventure studies literature. This is the first book to link contemporary sports coaching science with adventure sports practice. It examines the unique set of challenges faced by adventure sports coaches, such as the dynamic natural environment and the requirement to train athletes to levels of high performance outside of traditional structures of competition, and explores both key theory and best practice. The book covers key topics such as: Skill acquisition and skill development Models of learning and teaching Performance analysis Tactics and decision-making Training principles Mental skills techniques Goal setting and progression Risk management Each chapter contains applied examples from a range of adventure sports, including mountaineering, rock climbing, canoeing, kayaking, surfing, and winter sport, as well as practical coaching techniques and a guide to further reading. Written by a team of authors with wide experience of coaching, teaching, researching and high performance participation in adventure sports, this book is invaluable reading for any student or practitioner with an interest in adventure, outdoor education, sports coaching or lifestyle sport.

Only one out of every twenty-four high school athletes goes on to play college sports. That means that over 95 percent of student-athletes miss out on the opportunity of a lifetime. In the competitive world of college athletics, the difference between becoming a recruited athlete and giving up on your dreams comes down to more than just talent on the court or field. It requires planning, hard work, and an understanding of how college sports budgets and scholarship distributions impact your recruiting options. Be a Recruited Athlete—The Secret to College Recruiting gives you the tools you need to connect with college coaches, interpret their intentions, and evaluate real opportunities. Author Hans J. Hanson, founder of The College Sports Track—a personalized service that helps families in the college search, sports recruiting, and scholarship process—shares the secrets that have helped thousands of students realize their dreams of college athletics. • Learn how to build value, create leverage, gain trust, and generate options. • Master the sports scholarship strategy. • Distinguish between "understanding opportunity" and the "hope, wait, and wish strategy." • Understand NCAA rules for coaches' contact with prospects. Becoming a recruited athlete requires more than talent. It is a choice. With Be a Recruited Athlete—The Secret to College Recruiting, the choice is yours.

Bloomsbury CPD Library: Mentoring and Coaching

A Handbook for Leaders, Coaches, HR Professionals and Organizations

Athlete-centred Coaching

Practical Sports Coaching

Developing Inspired and Inspiring People

The Art and Practice of Leadership Coaching

Employee Engagement Through Effective Performance Management

Now in a fully revised and updated second edition, Foundations of Sports Coaching is a comprehensive and engaging introduction to the practical, vocational and scientific principles that underpin the sports coaching process. It provides the reader with all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally. With practical coaching tips, techniques and tactics highlighted throughout, the book covers all the key components of a foundation course in sports coaching, including: the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy, physiology, biomechanics, and psychology fundamentals of training and fitness performance analysis reflective practice in coaching. This second edition features more case studies from real top-level sport, including football, basketball and athletics, helping the student to understand how to apply their knowledge in practice and providing useful material for classroom discussion. The book also includes a greater range of international examples; more references to contemporary research and a stronger evidence base, and new questions in each chapter to encourage the student to reflect upon their own coaching practice. Foundations of Sports Coaching bridges the gap between theory and applied practice and is essential reading for all introductory coaching courses and for any sports coach looking to develop their professional expertise.

NLP (Neuro-Linguistic Programming) is believed by many to be a powerful set of tools for facilitating change and enhancing performance. Yet, despite the success stories and proliferation of courses, there is still much skepticism about the validity and effectiveness of NLP. In NLP Coaching Susie Linder-Pelz brings, for the first time, an evidence-based perspective to this coaching methodology. She explains how and where NLP coaching is used, examines its links to established principles and practices, and questions aspects of NLP where the empirical evidence is missing. She reviews recent developments in NLP-based coaching practice and proposes a specific research agenda that will move NLP coaching towards an evidence-based approach. NLP Coaching provides numerous case studies and real-life examples which show how NLP assists personal, professional, team, leadership and organizational development. The book includes contributions from leaders in the field: Andrew Bryant, Michelle Duval, Joseph O'Connor, Paul Tosey and Lisa Wake.

Coaching Youth Gymnastics is an invaluable resource for both new coaches and also for more experienced teachers. Those who train coaches will also find much of value in the book. The various disciplines of gymnastics are explained, together with how they fit into the framework of international gymnastic competition, and the author discusses various coaching styles and how they might best be applied in different circumstances. Topics covered in this new book include the role of the coach; sports psychology; floor exercise skills; coaching use of apparatus and preparing for competition. Fully illustrated with 21 colour photographs and 200 diagrams.

The authors illustrate how to use data as a catalyst for significant, systematic, and continuous improvement in instruction and learning. Includes a CD-ROM with slides and reproducibles.

A Step-by-Step Guide for Objectives and Key Results Coaches

The Data Coach's Guide to Improving Learning for All Students

Becoming a Better Sports Coach

Adventure Sports Coaching

Coaching People

Coaching Winning Sales Teams

Coaching Better Every Season

Provide your 5th graders with rigorous reading comprehension practice! Close reading, vocabulary, comprehension, and writing activities support Common Core learning paths. Plus, downloadable home-school connection activities extend learning at home.

Take your OKRs coaching skills to the next level with this practical handbook. In The OKRs Field Book: A Step-by-Step Guide for Objectives and Key Results Coaches, Ben Lamorte, a seasoned coach and management science expert, provides a structured approach for implementing objectives and key results. This book provides tips and tools that enable you to coach your OKRs clients with confidence. Lamorte analyzes foundational questions that must be answered prior to deploying OKRs and the roles required to sustain an OKRs program. Packed with excerpts from actual OKRs coaching sessions, this step-by-step guide shines a light on the OKRs coaching process. You learn how to help your client refine key results that look like tasks into key results that reflect measurable outcomes. In addition to sample training workshop agendas and coaching emails, Lamorte introduces the first comprehensive list of OKRs coaching questions. The field book covers how to: Structure an OKRs coaching engagement using a three-phased approach. Avoid common pitfalls such as cascading OKRs based on the org chart. Ensure your client asks the right questions at each step of the OKRs cycle. Perfect for external coaches and business mentors looking for a repeatable structure to help their clients succeed with OKRs, The OKRs Field Book is also an indispensable resource for internal coaches looking to support their organization's OKRs program.

This new, third edition of the best-selling Coaching for Commitment is based on the groundbreaking coaching work of the late Dennis C. Kinlaw. In this thoroughly revised and updated edition the authors, Cindy Coe and Amy Zehnder clearly show that coaching is a proven strategy for improving performance in today's environment of intense competitiveness for total customer satisfaction, continuous improvement, and the drive to deliver superior products and services. This book includes the most current coaching strategies and methodologies and provides information on the latest definitions of what coaching is and ways to succeed at coaching. The authors take Kinlaw's concept of tying coaching and commitment one step further and make commitment to action part of a new coaching model. Coaching for Commitment offers a practical, how-to guide to coaching for anyone (no matter what their skill level) who wants to hone their coaching skills for a range of circumstances and using a variety of methods--face-to-face, with a virtual team, on the fly, by phone, or e-mail. Coaching for Commitment is filled with easy to use tools, illustrative examples, and sample coaching conversations that clearly show how to use the coaching process, understand the underlying model, and develop the needed skills.

The last two decades have witnessed a proliferation of qualitative research in sport and exercise. The Routledge Handbook of Qualitative Research in Sport and Exercise is the first book to offer an in-depth survey of established and emerging qualitative methods, from conceptual first principles to practice and process. Written and edited by a team of world-leading researchers, and some of the best emerging talents, the book introduces a range of research traditions within which qualitative researchers work. It explores the different methods used to collect and analyse data, offering rationales for why each method might be chosen and guidance on how to employ each technique successfully. It also introduces important contemporary debates and goes further than any other book in exploring new methods, concepts, and future directions, such as sensory research, digital research, visual methods, and how qualitative research can generate impact. Cutting-edge, timely and comprehensive, the Routledge Handbook of Qualitative Research in Sport and Exercise is an essential reference for any student or scholar using qualitative methods in sport and exercise-related research.

Coaching

Routledge Handbook of Qualitative Research in Sport and Exercise

The Global Business Guide for the Successful Use of Coaching in Organisations

The OKRs Field Book

Best Practice in Performance Coaching

Coaching for Commitment

Practical Sports Coaching is a thorough and engaging guide for all sports coaching students and practitioners. Drawing on real-life case studies and examples, the book is designed to develop practical coaching skills and provides readers with the methods and tools they need to become an expert coach. Structured around all facets of the coaching process, the text comprehensively covers topics such as: preparation for coaching mentoring the philosophy of coaching direct intervention coaching methods the use of modern technology. The book's practical approach allows the reader to consider common challenges faced by coaches, suggesting solutions to performance concerns and preparing students for the realities of professional sports coaching. A companion website containing presentation slides and useful weblinks makes the book a complete resource for students and lecturers alike. Practical Sports Coaching helps to bridge the gap between theory and practical coaching skills, and is an essential text for coaching students looking to deepen their understanding of sports coaching and experienced coaches developing their own practical skills.

Presents the best coaching methods and practices for each season on the sport calendar – pre-season, in-season, post-season, and off-season - and offers specific actions, tools, and guidelines for coaches to create a cycle of continuous improvement for themselves, their athletes, and their teams.

This book takes a radically different approach to the challenge of coaching in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light on to the many questions that challenge coaches. Rather than focusing on methods, it delves into the questions of what makes a coach effective. It examines the conditions that are necessary for training applications to become optimal, and the skills necessary to create these conditions. It provides coaches with a flexible pathway towards understanding the challenges of strength and conditioning and by which they can develop the craft of coaching to maximise their effectiveness and potential. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach, acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches providing a wider perspective on the challenges they face and providing potential solutions not traditionally considered.

This book is a practical guide for managers to increase and support employee engagement through stronger performance management tools and techniques. In this second edition, Edward Mone and Manuel London incorporate new developments in the field, including discussion of issues about the value of challenging goals, annual formal appraisals, forced ranking, and ways to give constructive feedback. The authors expand the traditional notion of performance management to include building trust, creating conditions of empowerment, managing team learning, and maintaining ongoing straightforward communications about performance, all of which are critical to employee engagement. Case studies offer concrete examples, and checklists and surveys supply managers with ways to assess employee engagement as well as directions for increasing engagement. An up-to-date, straightforward guide, this book is appropriate for graduate students in Employee Engagement, Human Resources, and Management Studies, as well as scholars and practitioners in those fields.

A Handbook for Excelling in an Evolving Role

Effective Coaching in Strength and Conditioning

Expert Solutions to Everyday Challenges

The Traits of Today's CFO

An Evidence-Based Approach for Coaches, Leaders and Individuals

Coaching in Organizations

Training to Transform Performance Reviews Into Performance Partnerships

Mentoring and coaching are positive and encouraging ways for schools to manage staff performance and leadership development, but turning to outside bodies for training and expertise can be expensive and time-consuming. Internally equipping staff with the skills to coach others is a fantastic way to overcome this boundary and, over time, these highly transferable skills will further teachers' professional development and help them realise their career ambitions. In Bloomsbury CPD Library: Mentoring and Coaching, Marcella McCarthy draws on her experiences as a school leader to explain different theories of coaching and mentoring, examine research and demonstrate its advantages in various situations, so as to guide you step-by-step through practical methods of coaching and mentoring that can be easily implemented in your own school. There are example scenarios to tackle that will prepare you for a multitude of real-life situations and the easy-to-understand, concise methods of self-evaluation help ensure that mentors track their development and continuously improve their approach. The book provides a set of ready-to-use training plans to help you develop mentoring and coaching across your school and is accompanied by PowerPoint slides and resources available to download online for free. It offers 14 hours of CPD, equating to a cost of just £1.65 per hour of training!

This book expands on the framework established in the original volume of Quality Teaching in a Culture of Coaching. It provides many examples that can be incorporated into any educational environment. It outlines the why, who, what, and how of a sound coaching program. The new edition adds sections on the impact of learning styles on coaching, extends the connections between coaching, mentoring, and supervision, and includes instructional coaching. It contains updated examples of various coaching models in place, including international examples.

Athletes and sports people at all levels rely on their coaches for advice, guidance and support. Foundations of Sports Coaching is a comprehensive introduction to the practical, vocational and scientific principles that underpin the sports coaching process. It provides the student of sports coaching with all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally. With practical coaching tips, techniques and tactics highlighted throughout, the book covers all the key components of a foundation course in sports coaching, including: the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy, physiology, biomechanics, and psychology fundamentals of training and fitness performance analysis reflective practice in coaching. Including international case-studies throughout and examples from top-level sport in every chapter, Foundations of Sports Coaching helps to bridge the gap between coaching theory and practice. This book is essential reading for all students of sports coaching and for any practising sports coach looking to develop and extend their coaching expertise.

This is a fascinating book about coaching with emphasis on learning, application and practice. It covers coaching, from definitions and historical aspects to aspects of learning and change in a very pedagogical way, which helps the reader to understand, analyse, explain, learn, apply and practice the essence of coaching as collaborative process.

Be a Recruited Athlete—The Secret to College Recruiting

A Social Identity Approach

Coaching to Solutions

Development through Theory Application

Leadership in Sports Coaching

A Constraints-Led Approach to Golf Coaching

Janus Performance Management System

Daft and Marcic's action-first approach turns the traditional learning model on its end. Instead of starting with concepts and moving to application, this text starts with application, an introductory problem or challenge that encourages you to first empty out your ideas so you are ready to understand new ideas and acquire new skills. Each chapter provides a menu of resources for engagement, application, and learning, everything you need to develop the spot-on management skills you'll need to be a successful manager. This new learning philosophy leads you through a seven-step learning process: 1. Manager Challenge, 2. Initial Response, 3. Discover Yourself, 4. Discover Knowledge, 5. Action Learning Exercises, 6. Test Your Mettle, and 7. Personal Skills Log. Shorter, highly-focused chapters take you through each of these seven steps, allowing you to capture the essence and critical points for each topic. The mass of research material has been condensed and focused into discrete learning packages (chapters) designed specifically for engagement. BUILDING MANAGEMENT SKILLS offers a unique new set of Challenge Videos that are specifically designed to help develop your decision-making and thinking skills. After you watch the video challenge you are asked to respond to the challenge by solving the problem, helping you see the relevance of the chapter material and answering the question Why do I need to know this material?. These innovative, decision-making Challenge Videos are also available in CengageNOW. Organized around a new learning philosophy, with new technology and a coherent learning package for you to acquire management skills through an active first do, then learn approach, Daft and Marcic have created a truly unique learning experience with BUILDING MANAGEMENT SKILLS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The professionalisation of sports coaching has demanded higher standards of leadership in order to improve performance and effectiveness. This book focuses on leadership in sports coaching, exploring key concepts and principles underpinned by a presentation of new empirical research. Placing social identity theory at its centre - a theory not previously applied to sports coaching - this book provides students and researchers with a powerful tool for understanding the complex social dynamic that is the coaching process. Its chapters cover all the central aspects of sports coaching, including leadership style, measuring effectiveness, motivation, confidence and team self-esteem. Chapters explore different coaching environments to investigate the extent to which social identity impacts on coaching and leadership. A ground-breaking contribution to this field of research, this book demonstrates the significance of social identity theory in sport for athletes, coaches and leaders. Leadership in Sports Coaching: A social identity approach is an illuminating read for any student or researcher with an interest in coaching theory, coaching practice, sport psychology, sport leadership or sport management.

Sports coaches apply their skills in a wider variety of contexts, and with a more diverse range of athletes and participants, than ever before. This book introduces the professional competencies and knowledge needed to build successful working relationships across the different communities and groups with which coaches operate. The book offers important insight for coaches who work with specific populations including different age groups; black, Asian and minority ethnic (BAME) people; those of different gender or sexual orientation; individuals with disabilities or illness; the socio-economically disadvantaged; and refugees. Drawing on real-world case studies, such as coaching girls in combat sports and coaching cardiac rehab patients, and adopting a critical approach to values, philosophy and pedagogic process, this book argues that understanding the recipient of coaching and their particular needs is as important as content knowledge. With contributions from leading coaching researchers and practitioners, this is important reading for developing coaches, students on sports courses and other individuals involved in the sport pedagogy domain who seek to gain a better understanding of the demands of meeting the specific needs of people in the coaching process.

This title in ASTD's new ""Ultimate Series"", presents an innovative framework and approach to conducting training through an integrated series of workshop designs. This framework as well as the comprehensiveness of the content allows you to implement an entire Performance Management System into your organization without ever looking beyond this book's covers. It is coming soon from ASTD Press.

Building Management Skills: An Action-First Approach

The Complete Handbook of Coaching

NLP Coaching

Foundations of Sports Coaching

Athletic Development

A Year-Round System for Athlete Development and Program Success

The Key to Coaching. Learning, Application and Practice