



Awesome Coaching By Dave Rogers E-Art-H Works Pte Ltd ISBN 981-05-5458-3

Dave has captured the motivation and inspiration that is coaching. Coaching is one of those important growth areas. One of Dave's awesome coaches is Mike. He says "good coaching is like creating music of the minds, it creates clarity, definition, purpose and inspiration." Coaching enables a person to be the best that they can be. This drives personal success and high achievement. Dave's coaching style in this book is to focus more on the relationship and empowering individuals than on process. Team coaching also means that the spirit is kept aligned and alive in team projects. Dave Rogers has created a simple workbook that anyone can use. I can see it being powerfully used with a buddy or a group from work or perhaps a community group focused on delivering a fantastic social project. Coaching is for successful people who want to be even more successful. The second part of the book has stories from ten of Dave's awesome coaches. This is a treasure trove of real life transforming stories. After you have worked through a few chapters of self-coaching skip to the back of the book and be inspired and recharged. Kate, an entrepreneurship coach says, "There is nothing more rewarding for me than helping a mother balance family, wealth and health to live an abundant and empowered life." Grandparents, parents and great leaders all are coaches, it is a natural behaviour of mature human beings. You can further develop your coaching capabilities and techniques with this inspirational book.