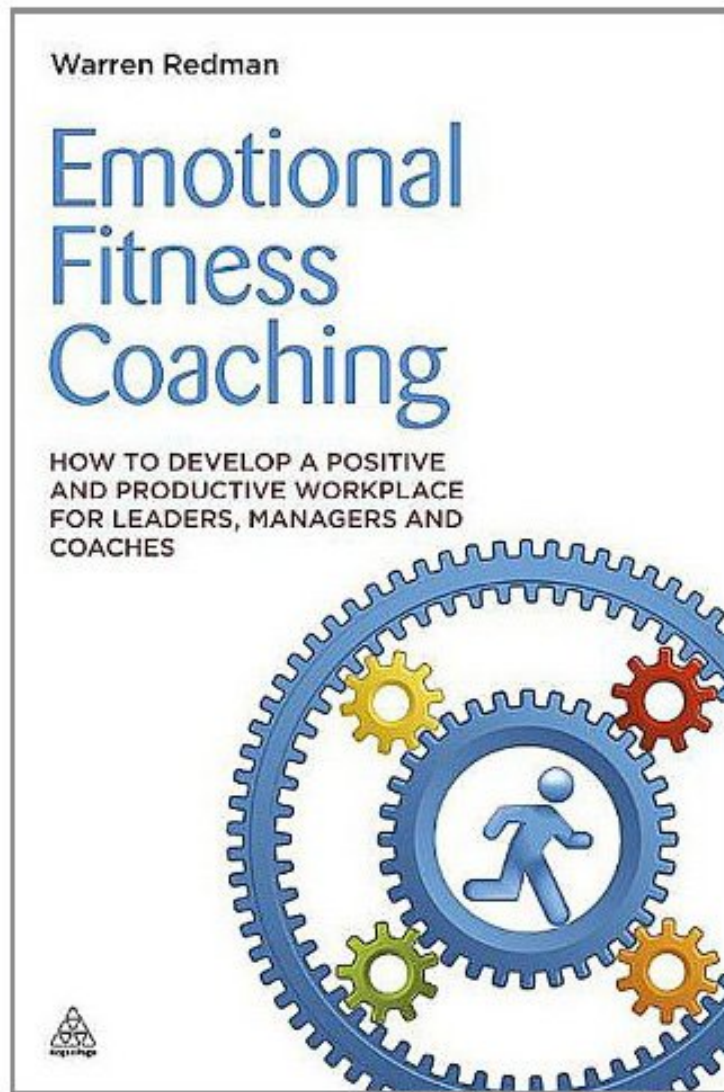


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Emotional Fitness Coaching: How to Develop a Positive and Productive Workplace for Leaders, Managers and Coaches

Warren Redman

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Warren Redman : Emotional Fitness Coaching: How to Develop a Positive and Productive Workplace for Leaders, Managers and Coaches before purchasing it in order to gage whether or not it would be worth my time, and all praised Emotional Fitness Coaching: How to Develop a Positive and Productive Workplace for Leaders, Managers and Coaches:

Emotional Fitness Coaching is the practical approach to applying the principles of emotional intelligence to the workplace to create a healthy, positive and creative environment in every situation. Based on thirty years experience in the field, it offers a toolkit for people to be better managers, leaders and professionals while also feeling more at ease with the interpersonal skills vital to any business relationships. Using a storytelling approach it covers a range of techniques including Power Listening, Learning from Experience, the power of Group Dialogue, Creating Balance and Emotional Fitness Storytelling. Each tool is described and examples given of how each could be used in various work circumstances. Exercises throughout the text provide the opportunity for the reader to apply the tools directly to their own context.

Professional Coaches (Life Coaches, Executive Coaches, Business Coaches), HR professionals, managers who want to implement coaching techniques