Developing Mental Toughness : Coaching Strategies to Improve Performance, Resilience and Wellbeing



Filesize: 6.96 MB

Reviews

This is the very best pdf i actually have study right up until now. I could possibly comprehended almost everything using this created e book. Your daily life span will be enhance as soon as you total looking over this publication. (Prof. Johnson Rutherford)

DISCLAIMER | DMCA

DEVELOPING MENTAL TOUGHNESS : COACHING STRATEGIES TO IMPROVE PERFORMANCE, RESILIENCE AND WELLBEING



Kogan Page Aug 2015, 2015. Taschenbuch. Condition: Neu. Neuware - Mental toughness is about how effectively individuals deal with stress, pressure and challenge. It is rooted in the notion of resilience but moves beyond this by adding ideas from the world of positive psychology. The result is a complete process which is highly applicable and measurable. Tracing its development from sports psychology into business, health and education sectors, Developing Mental Toughness was the first book to look at applications at the organizational level and to provide a reliable psychometric measure. The new edition of Developing Mental Toughness includes greater coverage of how mental toughness relates to other behaviours and can be applied to leadership, creativity, emotional intelligence, and motivation. It also looks at its applications in employability and entrepreneurship, and has expanded coverage of coaching for mental toughness. Written for anyone coaching individuals and teams for improved performance, the book contains practical guidance and techniques, exercises, case studies and the Mental Toughness self-assessment tool, all reflecting the exciting developments in this field over the last five years. 332 pp. Englisch.

Read Developing Mental Toughness : Coaching Strategies to Improve Performance, Resilience and Wellbeing Online
 Download PDF Developing Mental Toughness : Coaching Strategies to Improve Performance, Resilience and
 Wellbeing

You May Also Like

| П | |
|-----|--|
| PDF | |

Broken: I Was Just Five Years Old When My Father Abused Me and Robbed Me of My Childhood. This is My True Story of How I Never Gave Up on Hope and Happiness.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders. Download ePub »



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.
Download ePub »



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn from Preschool to Third Grade Book Condition: Brand New. Book Condition: Brand New. Download ePub »

| PDF | J |
|-----|---|

Download ePub »

Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1) Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other...

| ſ | |
|----|---|
| PD | G |

Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually... Download ePub »