



The Five Minute Coach: Improve Performance Rapidly

By Lynne Cooper, Mariette Castellino

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The Five-Minute Coach offers a simple, step by step guide to how to coach quickly and effortlessly and get amazingly better results at work. Short, punchy and easy to read, the user can swiftly learn this innovative and effective tool for improving performance.

Designed for leaders, managers and supervisors, in any setting, *The Five-Minute Coach* is a ground-breaking approach to coaching on the job. It creates significant performance improvements, while improving job satisfaction for manager and team member alike. This approach to coaching has been developed by the authors and used in organizations across the board large and small, private and public, with adults and teens, and across a variety of voluntary and community groups. Professional coaches have also adopted this system in their work.

The book leads the reader through this deceptively simple process which changes thinking about how to work with others. Leaders no longer need to have all the answers. They benefit from true delegation. They uncover the talent and resources of others. They free up time for themselves--time to think strategically and to be more proactive, creative and innovative. With its focus on outcome-thinking, effective action planning and motivating people to take action, this book offers clear steps, practical examples and tips. It all adds up to a very practical way to improve performance.

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Bibliography

- Sales Rank: #806530 in Books
- Brand: Brand: Crown House Pub Ltd
- Published on: 2012-05-30
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .50" w x 6.10" l, 1.00 pounds
- Binding: Paperback
- 200 pages



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Editorial Review

About the Author

Lynne Cooper is an accredited coach and coach supervisor who works with individuals, teams and organizations to transform performance. Lynne is one of the pioneers of the application of Clean Language in organizations to achieve sustainable change. She is Managing Partner of Change Perspectives Partnership and UK Head of Standards and Accreditation at the Association for Coaching.

Lynne co-developed the Five-Minute Coach, a tool for busy managers to create improved results, and is the co-author of a book of the same name. She is also the author of *Business NLP for Dummies*.

Mariette Castellino is a coach, team coach and facilitator in the public, private and voluntary sectors. She has an MA in Management Learning and is one of the pioneers of the application of Clean Language and Symbolic Modelling in organizations. She co-developed the Five-Minute Coach and is currently using it to facilitate new thinking in businesses as well as all kinds of communities.

Users Review

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Rodney Mitchell:

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