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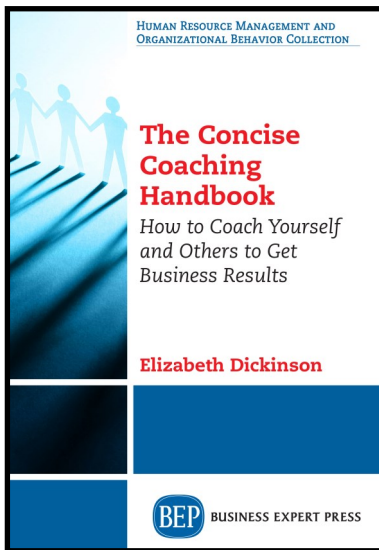
## THE CONCISE COACHING HANDBOOK: HOW TO COACH YOURSELF AND OTHERS TO GET BUSINESS RESULTS

The book teaches how to use coaching tools and a coaching mindset to overcome inertia, to help yourself and other people get clear about their strengths/values and to achieve their personal or organizational goals. The primary purpose of this publication is to lay the foundation for why coaching works and to teach coaching skills in easily understandable form.

"This wise, encouraging book will help you think like a coach – and have a better life as a result." -Marshall Goldsmith, executive coach, business educator, bestselling author, ranked world's top leadership thinker by Thinkers50.

"Whether you want to develop your inner coach – or deepen your understanding of how to use coaching skills – The Concise Coaching Handbook is a practical guide that makes the coaching approach accessible to everyone ." -Dave Wondra, Past Chairman, International Coach Federation, President, Wondra Group.

"Well written and very useful. Elizabeth takes complex coaching concepts/tools and breaks them down so readers who want to improve their lives and see themselves inspiring others can make real and lasting change." -Paula Hemming, Professional Coach Training Director, Adler Graduate School.



**To Order: Call AIDC 1-800-632-0880 or [orders@aidcvt.com](mailto:orders@aidcvt.com)**

Elizabeth Dickinson is a life coach, speaker/presenter, and writer. She has coached/presented in over 40 for-profit and non-profit organizations, including Land O'Lakes and Performance Excellence Network. "The Concise Coaching Handbook" is her first non-fiction book. Education includes: B.Ed. Honours degree/Cambridge University; M.A. in Psychology/Lesley University; life coaching certification/Adler Graduate School. As a former boardmember of the Minnesota Chapter of the International Coach Federation, she initiated the Prism award recognizing organizational coaching excellence at Barr Engineering, Cargill, Pepsi and nonprofits including Better Futures Minnesota and Pregnancy Choices.



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