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Conscious Coaching: The Art and Science of Building Buy-In ...

There is an art and science to coaching athletes. Conscious Coaching provides an avenue for which we strength coaches can make an impact in and out of the sporting realm. Spanning just 5 chapters and 260ish pages, there is so much content that you can ' t afford to just read this book once.

Conscious Coaching: The Art and Science of Building Buy-In ...

CONSCIOUS COACHING: THE ART & SCIENCE OF BUILDING BUY-IN. In the world of strength and conditioning, learning how to move others—not just physically, but also psychologically and emotionally—is paramount to getting the most out of them. People are the ultimate performance variable, and understanding how to effectively blend knowledge of proper training with the nuances of human behavior is integral to helping athletes achieve their ultimate goals.

CONSCIOUS COACHING: THE ART & SCIENCE OF BUILDING BUY-IN ...

Conscious Coaching by Brett Bartholomew however offers something different. Never before has the art of managing personalities and dealing with these in a practical setting been so prominent. This is where Conscious Coaching excels.

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Conscious Coaching, by Brett Bartholomew, is so impactful it extends outside the athletic coaching boundaries and will impact all areas of life. Brett is an elite coach and his insights into the art and science of building buy-in is powerful. Coaching the " X and O ' s " will get you only so far.

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Conscious Coaching trains athletes to adapt and adjust to new people, situations and obstacles. It ' s about matching people with a process through development and a flexible roadmap instead of a rigid system. To do this, you must understand BOTH the art and the science of what you do as well as enhance your understanding of human nature.

Performance Coach, Author and Keynote Speaker - Brett ...

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Conscious Coaching : Brett Bartholomew : 9781543179477

principles in Conscious Coaching to use in the real world. The aim is to help you become a more well-rounded coach who ' s better equipped to deal with not only the physics involved in training but also the social physics inherent to our vocation. Lead better, communicate better In our never-ending quest to be better informed in order to predict

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