



Successful Coaching in a Week: Teach Yourself

Matt Somers

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Understand coaching fast, without cutting corners

The ability to coach is an essential skill that nobody in business should be without. In this short, accessible book, Matt Somers shares a lifetime of hard-earned wisdom and practical advice, giving you, in straightforward language, all the coaching tools and techniques you will need to apply in your business.

The 'in a week' structure explains the essentials of coaching over just 7 days. At the end there are questions to ensure you have taken it all in and cartoons, diagrams and visual aids throughout help make *Coaching In A Week* an enjoyable and effective learning experience.

So what are you waiting for? Take the fast track to successful coaching!

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