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a gift from you, or the whole class! This sweet sentiment will show your coach how much you enjoyed the season and can be a specific reminder of the time spent with you and your amazing team! This notebook is a helpful tool and an excellent gift for any gymnastics coach! Its standard 8 1/2" x 11" size fits easily into a backpack or laptop case and is great for that coach that's on the go. Its simple, easy to use design makes it just right to keep one's thoughts organized, jot down notes or inspiration, use as a daily planner or utilize as a self-coaching journal. It can also be used to write down choreography, workout notes, or anything else a coach would need - all in one place! It makes a thoughtful and inspiring gift, will make your coach feel extra special and is wonderful for boosting morale and team spirit. 100 pages of premium neutral white paper Wide-ruled lined pages Perfectly sized at 8 1/2" x 11" Premium matte cover design

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Life Coach Notebook

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The '85 Bears

A must-have for Bears fans, this is the ultimate record of a great franchise's greatest season as told by none other than Da Coach himself.

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A Truly Amazing Dance Teacher Is Hard to Find and Impossible to Forget

New York Times Bestseller Foreword by Dr. Phil McGraw Ask yourself...are you truly who you want to be? Is this the life you really want? Are you living each day as your best self? What can you change, today? How would you answer those questions? Think about your daily life. Are you thriving, or going through the motions? Are your days full of work, relationships and activities that are true to your authentic self, or do you feel trapped on a treadmill of responsibility? If you dream of a better life, now is the time to turn your dream into reality. And the tools you need are within your grasp, to design a life that is fulfilling on the deepest levels. Best Self will show you how. Mike Bayer, known to the thousands of clients whose lives he has changed as

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Coach Mike, has helped everyone from pop stars to business executives to people just like you discover the freedom to be their best selves. By asking them and leading them to ask themselves a series of important but tough questions—such as “What are your core values?” “Do you go to bed each day more knowledgeable than when you woke up?” and “Am I neglecting some aspect of my physical health out of fear or denial?”—he helps them see what their Best Selves and Anti-Selves really look like. As a mental health specialist, a personal development coach, and an all-around change agent, Mike has seen the amazing ways in which lives can improve with honesty and clarity. He understands our struggles intimately, because he’s faced—and overcome—his own. And he knows that change is possible. By working through each of the Seven SPHERES of life—Social, Personal, Health, Education, Relationships, Employment and Spiritual Development—Best Self is an accessible and interactive book that distills all of Coach Mike’s wisdom into a compact, focused guide that will ignite anyone’s desire for change. Chock full of revealing quizzes, and full of provocative questionnaires, Best Self will empower you to embrace your authenticity, acknowledge what is holding you back, and break through to live a passionate life to the fullest, forever.

The Seven Secrets of Successful Coaches

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A Truly Amazing Coach: Journal, Coach Appreciation Gift, Thank You Retirement Gift Ideas for All Sport Coaches Notebook: Lined Notebook - (6 X 9 Inches) - 108 Pages

Perfect appreciation gift for your favorite coach! Show 'em love by gifting them this notebook so they know why they are always right. This is great as a journal or notebook perfect for you to write your own thoughts, get a little creative with poetry or just writing down lists or ideas. It is a 100 pages blank ruled journal ready for you to fill with your own writing and get a little creative every now and then. *100 pages of high quality paper* It can be used as a journal, notebook or just a composition book *6" x 9" Paperback notebook, soft matte cover* Great size to carry everywhere in your bag, for work, high school, college* It will make a great gift for any special occasion: Christmas, Secret Santa, Birthday Practical Notebook for journaling your coaching notes, instructions and much more. Impart, touch lives and build a successful coaching career with the help of our coaching Journals.

Life Coach Notebook

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The Provocative and Practical Guide to Coaching Agile Teams As an agile coach, you can help project teams become outstanding at agile, creating products that make them proud and helping organizations reap the powerful benefits of teams that deliver both innovation and excellence. More and more frequently, ScrumMasters and project managers are being asked to coach agile teams. But it's a challenging role. It requires new skills—as well as a subtle understanding of when to step in and when to step back. Migrating from “command and control” to agile coaching requires a whole new mind-set. In Coaching Agile Teams, Lyssa Adkins gives agile coaches the insights they need to adopt this new mind-set and to guide teams to extraordinary performance in a re-energized work environment. You'll gain a deep view into the role of the agile coach, discover what works and what doesn't, and learn how to adapt powerful skills from many allied disciplines, including the fields of professional coaching and mentoring. Coverage includes Understanding what it takes to be a great agile coach Mastering all of the agile coach's roles: teacher, mentor, problem solver, conflict navigator, and performance coach Creating an environment where self-organized, high-performance teams can emerge Coaching teams past cooperation and into full collaboration Evolving your leadership style as your team grows and changes Staying actively

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engaged without dominating your team and stunting its growth
Recognizing failure, recovery, and success modes in your coaching
Getting the most out of your own personal agile coaching journey
Whether you're an agile coach, leader, trainer, mentor, facilitator, ScrumMaster, project manager, product owner, or team member, this book will help you become skilled at helping others become truly great. What could possibly be more rewarding?

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Soccer Coach Notebook

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A Truly Amazing T-Ball Coach Is Hard To Find, Difficult To Part With And Impossible To Forget

The inspiring, untold story about a group of remarkable athletes and

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their groundbreaking coach who live and train in startling ways—and are redefining running excellence in the United States. What would one call taking teens with no evident running talent and challenging them with boundless hill training combined with mantras from rock ‘n’ roll, techniques from Kenya, philosophy from Australia, and turning them into champions? Is it revolutionary? Or a risky rebellion against running—and teenage—norms? Coach Bill Aris has heard both, but one thing is indisputable. Everything Aris does with his runners—male and female alike—is new and extraordinary, and he has created a new American running dynasty. The cross-country runners of Fayetteville-Manlius, or F-M, in upstate New York have dominated high school running for 15 years, sweeping boys’ and girls’ titles at the Nike Cross Nationals championships (NXN) in 2014 in an unprecedented achievement. The girls’ team, empowered by Aris’ unique, unwavering brand of gender equity, has won 11 of the last 13 NXN titles, some by margins of over 100 points. The boys’ team has the best cumulative national record of NXN podium performances. F-M domination has shocked the sport for its defiance of accepted running principles and limitations. One year at NXN, the F-M girls defeated the all-star field of top teams by an average of 59 seconds per girl in the 5k race. Another year, the girls ran faster than their teenage Kenyan counterparts, who competed in the Portland, Oregon event as an

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international showcase. Across the country, coaches awed by F-M and unaware of the team's methods and discoveries, whispered, "How do they do it?" From adopting long-forgotten "Stotan" creeds—combining the rigors of a Spartan and stoic lifestyle—to delving into teenage developmental psychology and gender-blindness in training, *Amazing Racers* is a must read for millions of runners and the millions more who strive for better performance.

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Perfect appreciation gift for your favorite coach! Show 'em love by gifting them this notebook so they know why they are always right. This is great as a journal or notebook perfect for you to write your own thoughts, get a little creative with poetry or just writing down lists or ideas. It is a 100 pages blank ruled journal ready for you to fill with your own writing and get a little creative every now and then. *100 pages of high quality paper* It can be used as a journal, notebook or just a composition book *6" x 9" Paperback notebook, soft matte cover* Great size to carry everywhere in your bag, for work, high

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Best Self

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The Confidence Coach

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A Truly Amazing SPORTS COACH Is Hard to Find and Impossible to Forget

Confidence – a crucial ingredient for success in so many areas of life, whether at work, in relationships or simply getting out there and enjoying yourself. Confidence coach Lisa Phillips knows that confidence is really ‘an inside job’, and that by adopting the right mindset and learning a few tricks, people can release the fears and blockages that may have previously held them back. Written in Lisa’s trademark warm and humorous style, The Confidence Coach will enable you to open the door to the life you want. Case studies are included throughout as well as practical exercises and Top Tips for unlocking your inner confidence.

Everything Your Coach Never Told You Because You're a Girl

This sarcastic notebook makes the funniest gift! It makes a great present with fun Sayings and Office Humor. Good choice for Secretary Day, Teacher, Employee Appreciation, and Coworker Leaving Gifts!. Hilarious for busy moms, dads, aunts, sisters, brothers, Kindergarten teachers, office professionals and everyone who likes a good laugh.

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A Truly Amazing Personal Trainer Is Hard To Find And Impossible To Forget

Highly acclaimed UCLA Women's gymnastics coach Valorie Kondos Field shares insights on how to use uniqueness and authenticity to achieve success. How did a professional ballerina become one of the winningest coaches in NCAA history? Valorie Kondos Field—or Miss Val as she's affectionately known—has never even tumbled, flipped, or ever played any type of organized sports and yet she has been able to craft a legendary coaching career through curiosity, creativity, intention to detail, and unwavering care for the overall well-being of her athletes. For Miss Val, it's not about the X's and O's, it's about choreographing your life and owning the choices you make. Miss Val has shaped her UCLA Gymnastics program as a life skills class and now

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she's sharing those lessons with you, whether you're an athlete, business leader, or simply someone who wants to own their destiny. Miss Val's philosophies are timeless. Her coaching style is unorthodox. LIFE IS SHORT, DON'T WAIT TO DANCE is a thought-provoking, fun journey through the personal stories and anecdotes of the 35-year career of a dancer/choreographer turned athletic coach. Included are Miss Val's favorite memories she experienced with her mentor, legendary coach John Wooden; as well as some of her most unforgettable stories of the Olympians and student-athletes she's coached. In 2014, Miss Val was diagnosed with breast cancer and explains how she made it one of the best years of her life—really! Miss Val reveals how her head coaching journey started off disastrously, spending years mimicking other top coaches while her team suffered because of her lack of authenticity. In time she realized being a gymnastics immigrant wasn't a detriment, it was a gift. When she embraced and honed her own uniqueness Miss Val led her Bruins to six NCAA Championships and became one of only two active coaches to ever be inducted into the UCLA Athletic Hall of Fame. In 2016 Miss Val was named Pac-12 "Gymnastics Coach of the Century." LIFE IS SHORT, DON'T WAIT TO DANCE is packed with brutally honest advice delivered in an inspirational tone Miss Val is known for. Did we mention she's a ballerina who's never played sports'

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Learn the secrets for becoming the inspirational coach everyone is waiting for Think about the coaches you've had throughout your life. Most likely, some were good, others not so good. Maybe one or two were

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great. One thing is undeniable: Coaches can influence your life in ways that can be negative or positive. A coach can either build you up or tear you down. The world needs better coaches in all walks of life—if you're a parent, a teacher, a co-worker, or a leader, you are also a coach. Which kind of coach do you want to be? Coach to Coach helps you answer this question and shares the secrets to bringing out the best in a person, both on and off the field. For more than twenty years, author Martin Rooney has coached professional sport stars, Olympic champions, and business leaders to high levels of performance, analyzing thousands of real-life examples of what works and what doesn't. Reading like a simple parable, this engaging book gives you an easy-to-use yet highly effective formula for becoming a better coach for your teams, in your business, and in your personal life. Packed with valuable insights and expert advice, this appealing book helps you: Learn how to be a great leader by being a great coach Create positive lives for your children and the people you work with Inspire and motivate the people around you Turn your natural skills and talents into your own unique coaching style Use proven, time-tested coaching strategies to get results Coach to Coach: An Empowering Story About How to Be a Great Leader is an ideal book for coaches, leaders, managers, entrepreneurs, educators, parents, and anyone wanting to bring out the best in those around them.

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This is what your coaches would have said to you if you were a boy, told through the story of a small-college soccer team that won more games than it ever had a right to win. It's an inspiring and straightforward look at the qualities that define the most competitive females, and what separates the ones who get it from the ones who don't. Everything Your Coach Never Told You is the instruction manual for female athletes who want to do more than just play. It's for those girls who want to win, win big, and never apologize for it. It's the call-to-arms for competitive female athletes who dare to color outside of the lines. Not recommended for readers under the age of 13.

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From Good to Amazing

The authors in this book ask us to consider whether the perception of beauty has been defined by our genetics and culture over the years - has it grown and changed? Do certain neural connections define our emotional reactions to beauty? Does beauty follow any rules or laws? Can the aspiration toward beauty be detrimental? Can we divorce ourselves from dictates and sink into a mindful connection with our internal beauty? Can we move from the superficial where "beauty is only skin deep" to an intense appreciation of beauty in all of its variations. The Perception of Beauty will lead to a deeper understanding and contemplation of nature, art, and the world around us.

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Forget

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