

Cognitive Behavioural Coaching Techniques

DUMMIES

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- Manter the twols and techniques of Cognitive Beltaviounal Coaching
- Coach pourself and eithers to greater mocres and happiness.
- Use CBC techniques at home and at work
- Overcome regulier throughts and take respectability for your actions

Helen Whitten

Accredited cookly mediator; decilinate and impress



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