



# Emotional Intelligence for Sports Coaches

By MR Gobinder Singh Gill

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is an essential guide for all sports coaches who wish to improve performance levels through the use of emotional intelligence. The model of emotional intelligence contains 5 core aspects which are explained within this book. Further, the use of mental toughness and psychological skills is also described to challenge coaches. The book contains a number of activities that will help facilitate thought and engage coaches into using these within their own coaching practices.



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