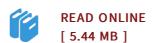




Emotional Intelligence for Sports Coaches

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.



Reviews

An exceptional pdf and also the typeface applied was intriguing to read through. It is definitely simplified but excitement in the 50 % in the ebook. I discovered this ebook from my dad and i recommended this pdf to find out.

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