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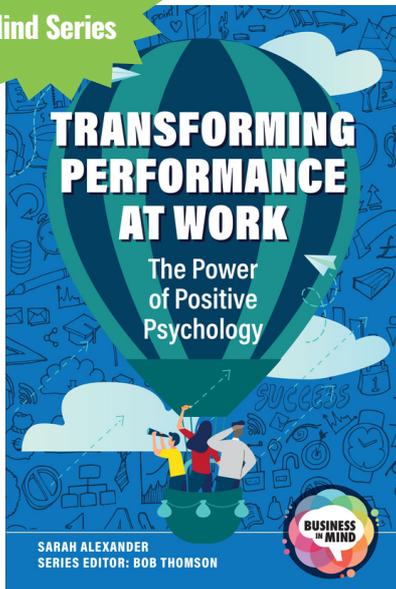
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**COACHING,  
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### **Transforming Performance at Work: The Power of Positive Psychology**

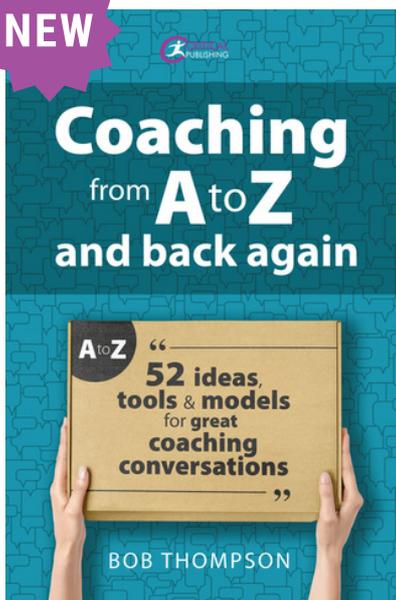
By Sarah Alexander Edited by Bob Thomson

Practical ideas from the science of happiness to transform performance at work for individuals, teams and organisations.

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NEW



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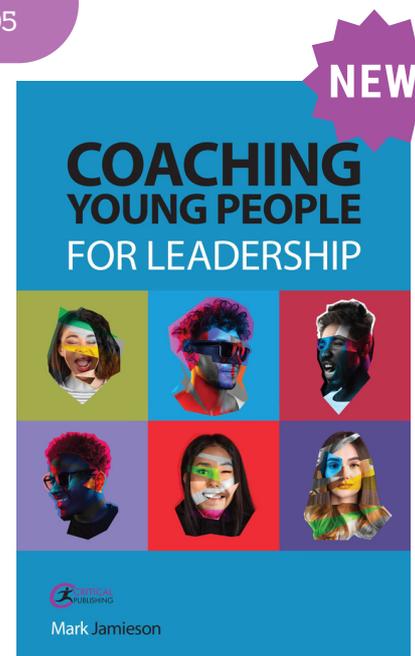
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By Mark Jamieson

A professional guidebook on how to develop young people's leadership potential and ambitions by using an innovative three-stage coaching model that is simple, effective and measurable.

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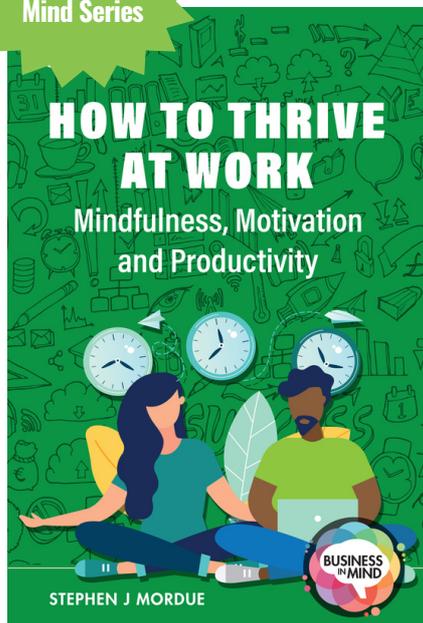
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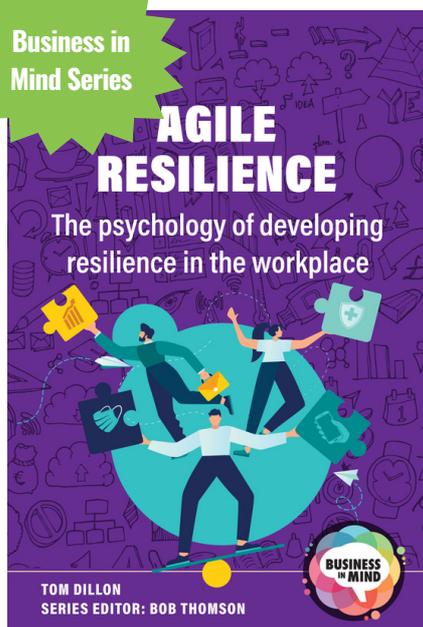
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Business in  
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## **Agile Resilience: The psychology of developing resilience in the workplace**

By Tom Dillon Edited by Bob Thomson

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By Katie Brown

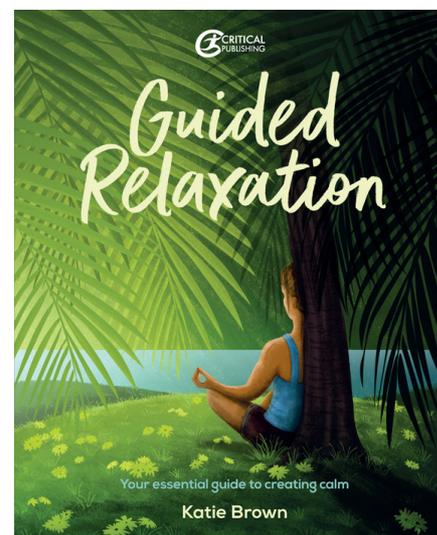
A treat for the mind, body and spirit for anyone who values their health and well-being. Over 30 guided relaxation scripts to quieten the mind, release tension and create peace. This text comes in full colour and would make a beautiful gift for someone.

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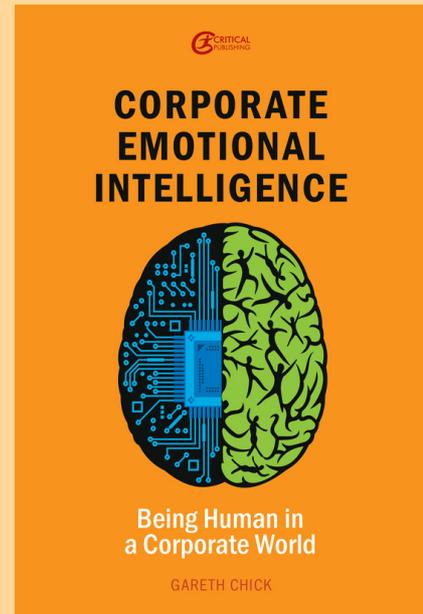


## **Corporate Emotional Intelligence: Being Human in a Corporate World**

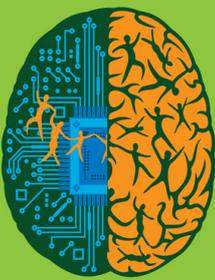
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An original analysis of how human behaviour is conditioned within corporate cultures, and how managers come to adopt unconscious controlling habits that are counter-productive, inhibit growth, and create cultures of fear.

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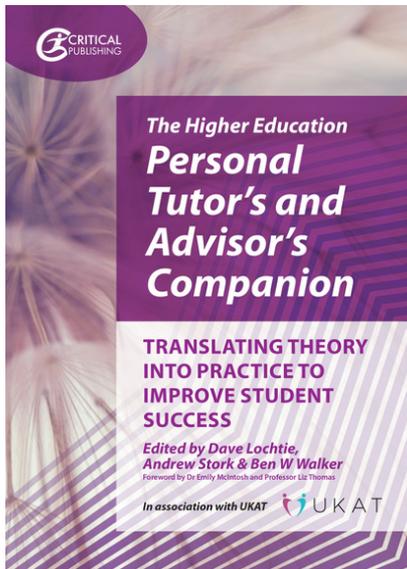
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By Gareth Chick

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Edited by Dave Lochtie, Andrew Stork and Ben W Walker

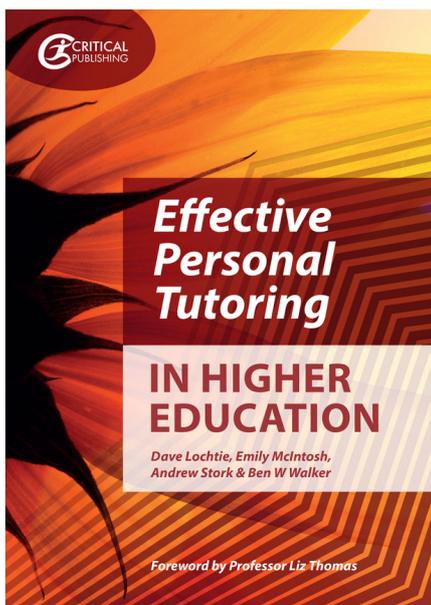
Stories of practice, with critical insights, from a range of higher education practitioners and settings providing professional learning and development for personal tutors and academic advisors.

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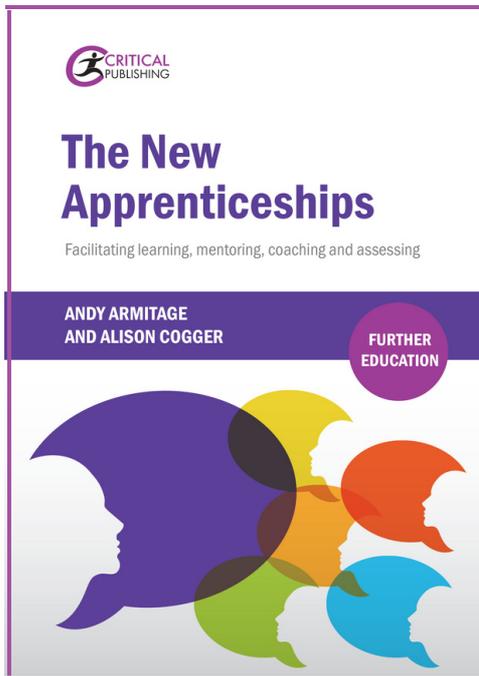
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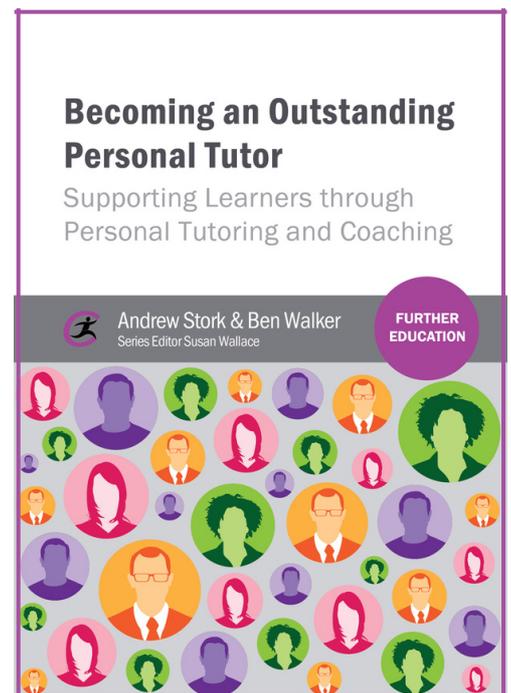
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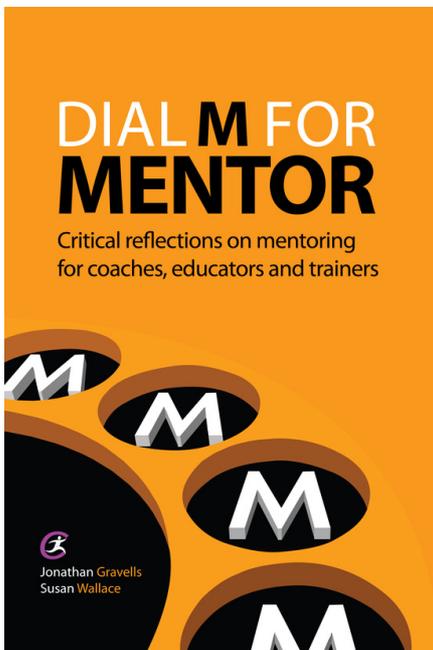




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