



# Breakfast With A Business Coach: 5 Simple Steps To Transform Your Career And Your Life

*Simon K Milne*

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## **Breakfast With A Business Coach: 5 Simple Steps To Transform Your Career And Your Life** Simon K Milne

Elite athletes have used coaches to improve their performance for many years, and now executive coaching is a growing phenomenon in the business world. So what is executive coaching? How does it work? And critically, can it lead to measurable performance improvement for business executives? Inspired by the story of one of his clients, Simon K. Milne outlines 5 simple steps which will help improve your self awareness and personal effectiveness. He demonstrates how to: \* Identify Your Blind Spot \* Discover Your Personal Logic \* Commit To Making A Change \* Develop New Behaviors and Values \* Practice Mindfulness 'Breakfast With A Business Coach' is a profound story that will stay with you long after you finish reading it. 'No one has brought to life the transformative power of a coaching relationship the way Simon K. Milne has with "Breakfast with a Business Coach'. This appealing little book packs a powerful punch. Crisp and compelling, it reads like an engaging short story but showcases powerful insights.' - Marshall Goldsmith, a Thinkers 50 Top Ten Global Business Thinker and top ranked executive coach.

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