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Mirror in My Pocket: The Art of Executive Coaching

John L Brekke

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Mirror in My Pocket: The Art of Executive Coaching John L Brekke
John Brekke is one of the nation's most veteran executive coaches. With three decades of business experience, he has worked with the top executives in some of the world's most prestigious companies including, 3M, General Growth Properties, Pfizer, Wells Fargo, Cigna, and Honeywell. In this book John introduces the world of executive coaching. The professional coach will learn perspectives, values and methods which will help them become more effective. The "coach wanna be" will learn about the nature of executive coaching and will be better able to assess if it is for them. The senior executive will gain a greater understanding of the mentoring/coaching process and make better use of contracted executive coaches. John's foundational premise is that successful coaching is not "essentially" tied to book learning, academic accomplishment, or extensive business experience. It begins and ends with who we are. In this book you will learn about the business, practice and philosophy of executive coaching, but more than that, you will learn about yourself.

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