



## Don't 'Just' Stopit.Doit: Coaching for Health and Life

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By Tim Williams

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Don't 'Just' Stopit.Doit: Coaching for Health and Life, Tim Williams, The STOPIT.DOIT(R) model is new and designed to enable you lead the healthy, positive and confident life you want. The, Don't 'Just' STOPIT.DOIT, book is designed to be used by the public and the health professionals who support them. It gives each reader a structure to use for successful coaching, for themselves or others. Although a coaching approach is sometimes used in healthcare, the STOPIT.DOIT(R) model is crafted to include methods for self-coaching and goes beyond traditional executive/business style coaching. In this way, the model is conducive for both self-driven change by the patient or client, as well as change supported by a health practitioner or coach. The STOPIT section of the book provides a model to stop negative or destructive behaviours that lead to an unhealthy and unfulfilled life. The DOIT section provides a model to enable the reader to do the new things they want, and ultimately to live the life they desire. The book allows the reader to, overcome obstacles and barriers that prevent them from achieving, learn to prioritise changes and set motivational goals. Don't 'Just' STOPIT.DOIT delivers...



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