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Meta-Coaching Research - Neuro-Semantics

COACHING CHANGE. Meta-Coaching Volume I, 2nd Edition, 2015 L. Michael Hall, Ph.D. Neuro-Semantic Publications, paperback, \$25. In 2003 Meta-Coaching introduced to the field of Coaching the only generative change model— The Axes of Change Model.

COACHING CHANGE - Neuro-Semantics

Meta-Coaching unites the best of NLP and Neuro-Semantics under the unifying framework of the Matrix Model and its sub-matrices. 2) Meta-coaching works meta to resources to empower people. We do not teach, train, or give advice because we assume that people have the necessary internal resources to succeed.

Meta-Coaching vs Coaching - Welcome to Mind Pool Inc ...

This volume provides a summary description of the eight models which make up Meta-Coaching and a full description of the coaching psychology

that informs and governs Meta-Coaching, that is, Self-Actualization Psychology. Discover the single uniqueness of coaching, the principles of coaching, the art of process facilitation, and much, much more.

Amazon.com: The Meta-Coaching System: Systematic coaching ...

Meta-Coaching® is a powerful coaching methodology that transcends traditional Performance Coaching, taking you to higher levels - to experience Developmental and Transformational change. That is why we call it 'meta' meaning a higher level. At these levels profound change and growth occurs naturally and easily.

Meta-Coaching.org - Neuro-Semantics

A solid coaching framework like Meta-States and the Matrix model empowers a Meta-Coach™ to benchmark intangible skills and qualities and facilitate the transformation in people thereby unleashing their fullest potentials.” Dr. L. Michael Hall, Ph.D, Co-Founder, MCF. With the NS models, the International Society, and the Meta-Coach ...

The International Meta-Coaching Community

Meta-Coaching is a pioneering coaching methodology, which exceeds traditional Performance Coaching leading both the client and the coaching to higher levels. At these levels, it is natural and easy to generate profound change. Develop your ability to model the transformations you desire.

Meta-coaching - Méta-Coaching

Meta-Coaching answers these needs as it has been able to designate a unique place for Coaching that distinguishes it from therapy, counselling, consulting, training, and mentoring. For the coach, Meta-Coaching advances the field and offers a unified structure. Secondly, for managers and leaders.

Meta-Coaching FAQ - Neuro-Semantics

This volume describes the theoretical frameworks for coaching and meta-coaching, a higher level to a client's performance, states, attitudes, and beliefs. It explores the foundations of a coaching psychology that is preeminently cognitive-behavioral in nature and one founded on the principles of the human potential movement.

Amazon.com: Meta-Coaching: V. 1: For Higher Levels of ...

Training frequency is considered an important variable in the hypertrophic response to regimented resistance exercise. The purpose of this paper was to conduct a systematic review and meta-analysis of experimental studies designed to investigate the effects of weekly training frequency on hypertrophic adaptations.

How many times per week should a muscle be trained to ...

This volume describes the theoretical frameworks for coaching and meta-coaching, a higher level to a client's performance, states, attitudes, and beliefs. It explores the foundations of a coaching psychology that is preeminently cognitive-behavioral in nature and one founded on the principles of the human potential movement.

Meta-Coaching, Volume 1: For Higher Levels of Success and ...

The meta-analysis models were generated with RT frequencies classified as a categorical variable as either 1, 2, 3, or 4+ times/week, or, if there were insufficient data in subgroup analyses, the training frequencies were categorized as 1, 2, or 3 times/week.

Effect of Resistance Training Frequency on Gains in ...

A training period of 50-53 weeks, a training frequency of three sessions per week, a training volume of two to three sets per exercise, seven to nine repetitions per set, a training intensity from 51 to 69% of the 1RM, a total time under tension of 6.0 s, a rest of 120 s between sets, and a rest of 2.5 s between repetitions turned out to be ...

Dose-Response Relationships of Resistance Training in ...

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Training volume was controlled in four studies (volume controlled), while the remaining four studies did not control for training volume (volume uncontrolled). Non-failure training resulted in a 0.6-1.3% greater strength increase than failure training. A small pooled effect favouring non-failure training was found (ES = 0.34; p = 0.02).

Effect of Training Leading to Repetition Failure on ...

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