



# Mindful Leadership Coaching: Journeys into the Interior (INSEAD Business Press)

*Manfred F.R. Kets de Vries*

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Mindful Leadership Coaching takes an in-depth look at the coaching processes. The insights provided here will help coaches and executives to use frameworks for transforming attitudes, beliefs, and behaviors. It advises on how the best leadership coaches help their executive clients create significant personal and professional change.

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