

# Coaching

## Coaching

*feedback for example. Business coaching is also called executive coaching, corporate coaching or leadership coaching. Coaches help their clients advance toward*

Coaching is a form of development in which an experienced person, called a coach, supports a learner or client in achieving a specific personal or professional goal by providing training and guidance. The learner is sometimes called a coachee. Occasionally, coaching may mean an informal relationship between two people, of whom one has more experience and expertise than the other and offers advice and guidance as the latter learns; but coaching differs from mentoring by focusing on specific tasks or objectives, as opposed to more general goals or overall development.

## Coach

*up Coach or coach in Wiktionary, the free dictionary. Coach may refer to: Coach (sport), a director of athletes; training and activities Coaching, the*

Coach may refer to:

## Coaching inn

*The coaching inn (also coaching house or staging inn) was a vital part of Europe's inland transport infrastructure until the development of the railway*

The coaching inn (also coaching house or staging inn) was a vital part of Europe's inland transport infrastructure until the development of the railway, providing a resting point (layover) for people and horses. The inn served the needs of travellers, for food, drink, and rest. The attached stables, staffed by hostlers, cared for the horses, including changing a tired team for a fresh one. Coaching inns were used by private travellers in their coaches, the public riding stagecoaches between one town and another, and (in England at least) the mail coach. Just as with roadhouses in other countries, although many survive, and some still offer overnight accommodation, in general coaching inns have lost their original function and now operate as ordinary pubs.

Coaching inns stabled teams of horses for stagecoaches and mail coaches and replaced tired teams with fresh teams. In America, stage stations performed these functions. Traditionally English coaching inns were seven miles (11 km) apart but this depended very much on the terrain. Some English towns had as many as ten such inns and rivalry between them was intense, not only for the income from the stagecoach operators but for the revenue for food and drink supplied to the passengers. Barnet, Hertfordshire still has an unusually high number of historic pubs along its high street due to its former position on the Great North Road from London to Scotland.

## Coaching tree

*that coach can be counted as being a branch on the head coach's coaching tree. Coaching trees can also show philosophical influence from one head coach to*

A coaching tree is similar to a family tree except it shows the relationships of coaches instead of family members. There are several ways to define a relationship between two coaches. The most common way to make the distinction is if a coach worked as an assistant on a particular head coach's staff for at least a season then that coach can be counted as being a branch on the head coach's coaching tree. Coaching trees can also

show philosophical influence from one head coach to an assistant.

Coaching trees are common in the National Football League and most coaches in the NFL can trace their lineage back to a certain head coach for whom they previously worked as an assistant.

The phrase "coaching tree" has also grown to refer colloquially to any idea or set of ideas originated by an individual or group. For example, an individual may claim an original idiom or phrase as part of his or her coaching tree if used by another individual.

Coaching trees are becoming more prominent in today's NFL culture. They are often referenced by various media outlets, such as ESPN.

Ben Johnson (American football coach)

*professional football coach who is the head coach for the Chicago Bears of the National Football League (NFL). His NFL coaching career began as an assistant*

Benjamin David Johnson (born May 11, 1986) is an American professional football coach who is the head coach for the Chicago Bears of the National Football League (NFL). His NFL coaching career began as an assistant with the Miami Dolphins in 2012, coaching quarterbacks, tight ends, and wide receivers. Johnson later joined the Detroit Lions in 2019, rising to offensive coordinator in 2022 and leading the team to a top-five offense in every season, including the top-ranked during the 2024 season.

Co-coaching

*Co-coaching is a structured practice of coaching that involves peers alike with the ultimate goal of gaining peer knowledge in learning how to coach or*

Co-coaching is a structured practice of coaching that involves peers alike with the ultimate goal of gaining peer knowledge in learning how to coach or bettering their coaching techniques. This is usually done with one peer being the coach while the other peer is the coachee and vice versa during a set amount of time. This technique enables each peer to receive constructive criticism, or even praise, from one another and also creates a better foundation for coaching. This practice of co-coaching is especially important in the development within management and sports, as leadership skills are a priority.

Health coaching

*fundamental not only in the initial coaching session but also in each coaching session thereafter. The background of the health coach can also be an asset to their*

Health coaching is the use of evidence-based skillful conversation, clinical interventions and strategies to actively and safely engage client/patients in health behavior change. Health coaches are certified or credentialed to safely guide clients and patients who may have chronic conditions or those at moderate to high risk for chronic conditions.

Language coaching

*the field of coaching. These may originate from coaching organisations such as the International Coach Federation or from particular coaching models such*

From the beginning of the twenty first century, the term language coaching has become increasingly used in the field of language teaching and language learning.

Language coaching supports the acquisition of foreign languages but incorporates principles, models and competencies from the field of coaching. These may originate from coaching organisations such as the

International Coach Federation or from particular coaching models such as GROW which range from the more directive as in mentoring relationships, or non-directive as in life coaching, or performance-based as in coaching to build specific competence such as for sport, public speaking, or business acumen.

Language coaches are sought by higher-level, more advanced language learners who feel they have ceased benefiting from language teaching and are ready and able to take control of their development autonomously. Language coaching therefore has a strong emphasis on metacognitive practice. Metacognition is also valuable to language learners but it is definitive and fundamental to coaching, encompassing, for example, strategy and goal setting, action planning, and goal review. Language coaching typically supports coachees to refine second-language communicative proficiency for workplace performance. Some language coaches are sought for document review and copyediting.

The development of language coaching for more advanced users of a language has risen in this globalised world where bilingualism is more common, language acquisition is strongly supported by technology, and the need for a traditional teacher is redundant. Language coaches should be qualified as language teachers or with similar pedagogical credentials.

### Coaching staff

*The coaching staff is a group of non-athletes tied to a sports team. A coaching staff can be existent at all levels of athletics. It is led by a head*

The coaching staff is a group of non-athletes tied to a sports team. A coaching staff can be existent at all levels of athletics. It is led by a head coach (known as a manager or senior coach in some sports) and consists of one or more assistant coaches, physicians, massage therapists, Athletic trainers, equipment managers, nutritionists and others, which are all required to pass training courses for reliability.

It has been suggested that when there is an upbeat and positive coaching staff with healthy relationships with the athletes, the outcome, and experience of the team as a whole will benefit overall. Although college athletes have the final say where they will be pursuing their academic and athletic careers, coaching staffs and facilities are more often than not are a deciding factor.

In association football the coaching staff usually consists of coaching personal which are head coach (or manager), assistants to head coach (or assistant manager), fitness coach, goalkeeper coach, coach-analyst, other coaches. In addition to the coaching staff, an association football team also have supporting departments such as a medical team which consists of physician, massage therapist, nutritionist, others; a scouting department; an office administration. There are also some additional roles available depending on the size of organization such as director of football, sports director, and others.

### Coach (sport)

*effective coach. Traditionally coaching expertise or effectiveness has been measured by win–loss percentage, satisfaction of players, or years of coaching experience*

An athletic coach is a person coaching in sport, involved in the direction, instruction, and training of a sports team or athlete.

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