



FAST COACHING

By Nick Drake-Knight

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FAST COACHING introduces a super-quick and super-effective approach to personal growth for use in families, schools, sport and business. Continue & Begin, the rapid results method described in FAST COACHING, is now used worldwide by thousands of people-change professionals as their preferred fast coaching technology. Continue & Begin achieves results in just a few minutes! FAST COACHING strengthens self-worth and busts through limiting belief patterns. By following a specific flow of questions, carefully crafted for their impact, a practitioner can achieve phenomenal coaching results. Coachees become empowered and confident, fully resourced and determined to take on ambitious personal change. Nick Drake-Knight is the creator of Continue & Begin Fast Coaching® and its latest evolution New Code Continue & Begin®.

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