



# Activating Your Ambition: A Guide to Coaching the Best Out of Yourself and Others

By Mike Hawkins

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It has long been said that you can do anything you put your mind to. Yet in this groundbreaking book, Mike Hawkins reveals the flaw in this traditional thinking. While believing you can do something is critical, it is insufficient on its own. Based on over twenty-five years of practical experience in executive coaching, leading people, consulting, selling, and now as a coach to coaches, Mike Hawkins explains what it truly takes to influence people, change behavior, and achieve sustainable results. By reading Activating Your Ambition, you will discover how easy it can be to learn new skills, overcome bad habits, and improve performance. You will find out how to conquer the primary obstacles to improvement, how to move outside of your comfort zone, and how to turn your ambitions into realities. The eight principles of Activating Your Ambition show you how to build confidence, be more successful at work, improve your health, and enhance your relationships. You will have clarity in your goals and be well on your way to focused improvement and long-term success. Whether you are coaching yourself, others, or simply looking for insight into what it takes to be successful in working with people, you will find this book an invaluable resource.

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