

FOR IMMEDIATE RELEASE
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Advance Praise for Anytime Coaching

“Understand and apply this simple coaching model immediately and transform your workplace!” - - **Marshall Goldsmith, New York Times bestselling author of Triggers, MOJO and What Got You Here Won’t Get You There.**

“Anytime Coaching is absolutely one of the most practical guides to effective coaching I have encountered in my 20 years as a certified coach. Cover-to-cover the book is full of valuable tools. The integration of new findings from neuroscience and mindfulness helps leaders and coaches deepen their understanding not only of the “what” and the “how” and “why” of effective coaching.” - - **Chalmers Brothers, author, Language and the Pursuit of Happiness**

“The practices and principles offered in Anytime Coaching cut through to the basics of what you need to make a difference in other people’s lives.” - - **Tara Brach, Ph.D. Renowned expert on mindfulness and insight meditation, Author of Radical Acceptance and True Refuge**

**ANYTIME COACHING BLENDS PRACTICAL SKILLS WITH CUTTING-EDGE
BRAIN SCIENCE TO BUILD A THRIVING WORKPLACE**

-New book provides an accessible blueprint for effective communication and coaching both in and out of the office -

Too often, in the workplace and in our personal lives, impulses and emotions get in the way of our best thinking. Wendy Swire, a former Wall Street analyst and government economist, and now certified executive coach, has co-authored a new book that demonstrates what people can do to remove obstacles and enhance performance. Anytime Coaching - Unleashing Employee Performance (by Wendy Swire and Teresa Kloster, Management Concepts; (ISBN # 978-1567264807, on sale via [Amazon](#) on June 15, 2015; paperback \$32) unveils a new practice for slowing down and rewiring our brains in order to work more effectively with others. The book uses an elegantly simple coaching philosophy, blended with the latest findings in neuroscience and mindfulness, to help calm our ‘fast results gene’ and realize day-to-day performance

improvements. The first edition of Anytime Coaching was released in 2009 and has become an essential reference guide for managers around the globe.

The book provides an easy-to-use method for busy managers who need to boost workplace effectiveness, but don't have the time to invest in leadership training or budget to hire a world class leadership coach. Incorporating the four *Anytime Coaching* core techniques of observing, inquiring, listening and responding, the new edition also includes in the latest innovations in brain science and mindfulness. Readers are given tools to quiet the part of the brain guided by impulse and emotion in order to access the part where executive function or calm, deliberate thinking takes place. The authors show that mindfulness and neuroscience, when paired together, are the secret weapons managers can use to counter the pressures of feeling overwhelmed and ineffective. By providing new strategies for staying present, aware and focused as well as coaching acronyms and memory tools for easy recall, Anytime Coaching helps managers make mentoring part of their daily routine.

Unlike other executive coaching books that target senior executives or which require time-consuming training, Anytime Coaching can be used by *anyone*; it's written for first time supervisors, senior executives, community volunteers, even parents. The *Anytime Coaching* model is also unique in its daily, real-world application. Rather than saving feedback for end-of-year performance reviews, *Anytime Coaching* is designed to be used *anytime*, from board meetings to water cooler conversations to family dinners.

For two decades, Ms. Swire has observed best practices used by managers and emerging leaders who have excellent reputations and an engaged workforce. She also draws upon her experience working with more than 1,000 leaders, from new millennial managers to the CEOs and others in the corporate executive C-Suite. The authors curate the best insights from this research to create the *Anytime Coaching* model and book. The method has been used successfully with thousands of mid- and senior-level executives, political appointees and millennial leaders in the government, private sector and nonprofits.

Wendy Swire and Teresa Kloster know first-hand that it works and are now making this

unique guide available to a wider audience through this new edition of Anytime Coaching.

Said Swire, “Our goal is for managers who adopt this practice to better motivate and engage employees and communicate more effectively with others. *Anytime Coaching* helps create an atmosphere of trust, support and risk-taking, which, in turn, saves time and drives productivity and success.“

About Management Concepts

Management Concepts is the nation’s premier provider of professional development, performance improvement, and talent management solutions for the public sector. Since 1973, they have collaborated with and supported every major agency in the Federal government, thousands of state and local government offices, numerous non-profit organizations and universities, and hundreds of corporations; unleashing the potential of more than one million individuals and enhancing the performance of teams and organizations. Visit <http://www.managementconcepts.com> for more information on the publisher.

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