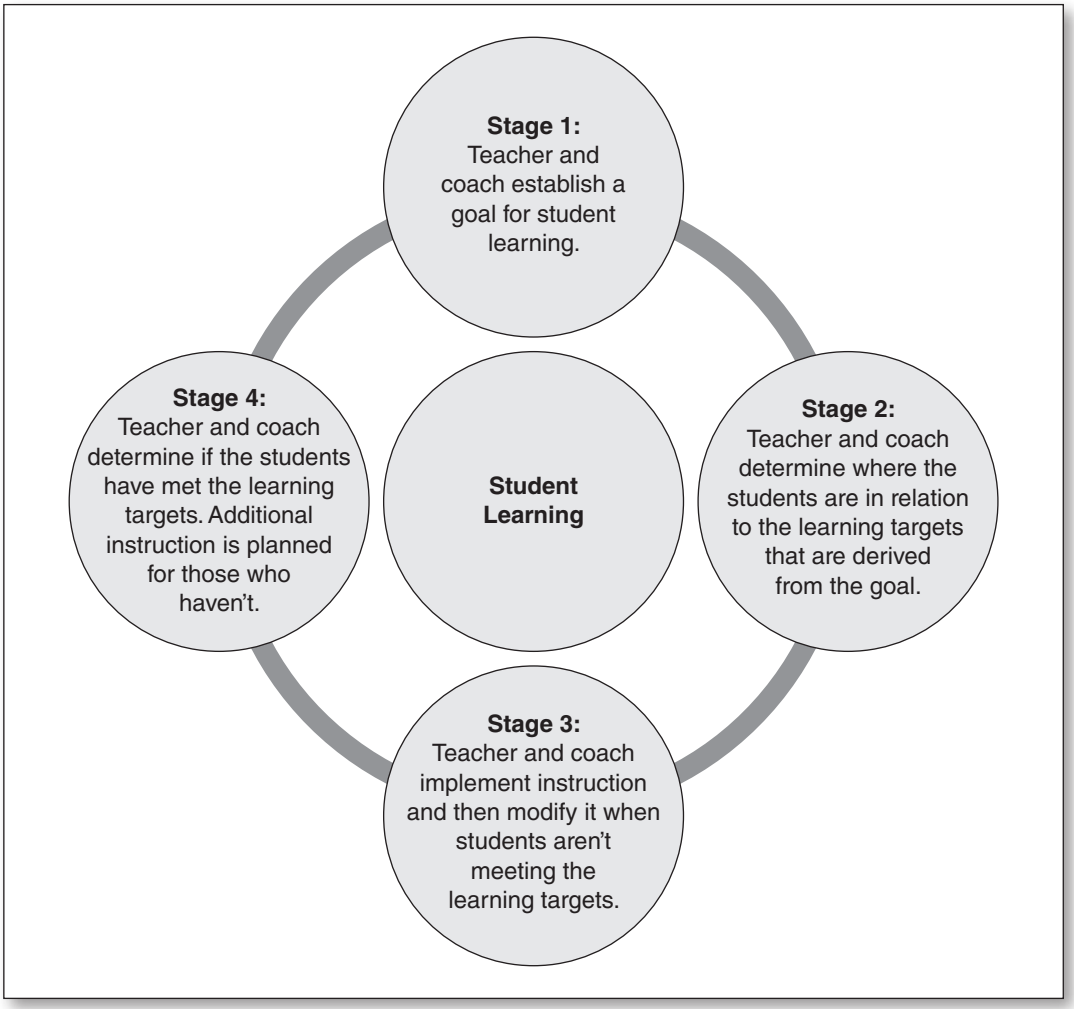Figure 1.1 Stages in a Coaching Cycle