



Adidas How To

Yijin Wang



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surges and respond calmly even in moments of high stress or frustration From mindfulness exercises to actionable coping techniques this book helps you regain control and emotional balance Discover how to channel intensity into creativity decision making and positive energy turning emotional volatility into a strength rather than a setback Master your emotions prevent outbursts and cultivate resilience Harness your intensity don't be controlled by it **ADHD: How to Set Up an Ideal Workspace** MAX EDITORIAL,2025-10-29 ADHD How to Set Up an Ideal Workspace Is your workspace leaving you distracted and unproductive Learn how to design the perfect environment that supports focus creativity and efficiency for those with ADHD Inside you'll discover practical tips for organizing your desk minimizing distractions and creating routines that make work feel easier and more enjoyable Boost your concentration reduce overwhelm and turn your workspace into a hub of productivity Transform your surroundings master your focus and achieve more every day *ADHD in Adult Life: How to Deal With Responsibilities Without Freaking Out* MAX EDITORIAL,2025-11-05 ADHD in Adult Life How to Deal With Responsibilities Without Freaking Out Struggling to juggle work relationships and daily chaos This groundbreaking guide is your roadmap to thriving not just surviving with ADHD in adulthood Inside you'll discover practical tools to manage distractions boost productivity and finally take control of your time and emotions Learn how to transform overwhelm into focus anxiety into confidence and chaos into calm Whether you're facing endless deadlines household responsibilities or emotional burnout this book will help you navigate adult life with clarity purpose and balance Turn your ADHD from a challenge into your greatest strength and start living the focused fulfilling life you deserve Developing teams. How to develop effective teams Mourine Atsien,2023-02-15 Essay from the year 2022 in the subject Business economics Miscellaneous grade A University of Nairobi language English abstract Teamwork is an important pillar of business strategies and project management success Team building provides an opportunity for the employees to learn improve their skills and enhance their leadership abilities Walliser et al 2019 According to Engelland 2017 employees are better placed to improve their leadership skills undertake greater responsibilities and achieve their personal and organisational goals when they work within the team At Adidas teamwork is vital in selling sports and fitness equipment to different categories of customers As such this report explores how Adidas management can build effective teams that improve the overall performance of the company **Soccer** Dan Herbst,United States Soccer Federation,1999 The official playing and coaching manual for youth soccer of the United States Soccer Federation The definitive playing and coaching manual for youth soccer Compiled by the coaching educational and technical staff of U S Soccer this book offers extensive information on all aspects of the game technique tactics laws prevention and care of injury coaching preparation organizational structure model training sessions and more than 100 practice games suitable for developing aspects of every player's game Features numerous games for developing dribbling passing finishing heading defending goalkeeping as well as games specifically for young beginners games to teach tactics overall soccer decision making Extensive technique section offers detailed pointers

on dribbling and turning moves shielding passing receiving drives chips bending the ball and volleys heading marking tackling goalkeeping catches dives and saves Tactical chapters offer detailed information on fundamental attacking tactics defensive principles restart tactics for defensive and offensive success Model training sections construct excellent practice sessions from warmup through cool down exercises useful for all coaches as a guide to improving performance efficiency enjoyment of training

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