

GROUP

A COMPREHENSIVE BLUEPRINT

COACHING

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Group Coaching A Comprehensive Blueprint

Ahmed Musa



Group Coaching A Comprehensive Blueprint:

Group Coaching Ginger Cockerham, 2011-03-07 My longtime colleague Ginger Cockerham has provided a must have must read blueprint for all coaches who want to launch and thrive in a group coaching practice Even those considering their options would do well to consult this step by step model complete with a rich set of examples and case studies It s all here presented with a clear and engaging approach JUDY FELD MCC MS AUTHOR OF SMARTMATCH ALLIANCES PAST PRESIDENT INTERNATIONAL COACH FEDERATION COFOUNDER EXECUTIVE AND PROFESSIONAL COACHING PROGRAM UNIVERSITY OF TEXAS AT DALLAS Ginger is the definitive expert and master of this realm of coaching Her book reflects her commitment to learning impact and excellence in group coaching GARRY SCHLEIFER PCC ICF VICE PRESIDENT PUBLISHER AND CEO CHOICE THE MAGAZINE OF PROFESSIONAL COACHING Ginger has designed a clear blueprint for enrolling and coaching groups of like minded or positioned people When I reviewed the manuscript I thought aloud I wish I had written this DARELYN DJ MITSCH MCC PAST PRESIDENT INTERNATIONAL COACH FEDERATION AND AUTHOR OF TEAM ADVANTAGE THE COMPLETE COACHING GUIDE FOR TEAM TRANSFORMATION PFEIFFER WILEY 2010 Ginger has done a magnificent job in creating a practical and up to date approach to successfully coaching groups Not only has she provided excellent tools but she also shares case studies that bring the tools to life This book is a must have for anyone that is considering coaching groups PAMELA RICHARDE MCC DIRECTOR OF TRAINING COACHINC COM PAST PRESIDENT INTERNATIONAL COACH FEDERATION When it comes to group coaching Ginger Cockerham is the master She knows the powerful formula for turning a group of people into big results In her new book Group Coaching A Comprehensive Blueprint you can tap into this magic formula for your own coaching groups KAY CANNON MBA MCC PAST PRESIDENT INTERNATIONAL COACH FEDERATION If you want to be a great coach either in private practice or as a team leader in an organization then you must study and live this book on group coaching by Coach Ginger With this book you will learn step by step how to create vibrant winning environments for people through the group coaching experience With these tools you will attract the right players to your team create a deep sense of community and provide a forum for shared wisdom full self expression and extraordinary results Read it Live it Share it COACH DAVE BUCK MBA MCC CEO COACHVILLE AND LIFEVILLE Whether you want to become a coach or just want to improve your coaching skills Group Coaching can help you create a successful and sustainable business helping individuals companies and organizations achieve their objectives Ginger Cockerham an executive coach with an international group coaching business shares how to build and hone your coaching skills You ll learn differences between group coaching and traditional methods of leading and facilitating skills tools and processes for developing and enhancing your expertise marketing strategies to attract ongoing groups to coach As you explore multiple group coaching case studies and models from experienced coaches and coach teams you ll discover how to create an environment of collaboration This in turn helps your clients enhance their creativity and success Get insider

information on what works well and what to avoid in group coaching with this detailed guidebook Equip yourself with the tools and knowledge you need to excel as a coach with **Group Coaching A Comprehensive Blueprint** **Group Coaching** Ginger Cockerham MCC,2011-03 My longtime colleague Ginger Cockerham has provided a must have must read blueprint for all coaches who want to launch and thrive in a group coaching practice Even those considering their options would do well to consult this step by step model complete with a rich set of examples and case studies It s all here presented with a clear and engaging approach JUDY FELD MCC MS AUTHOR OF SMARTMATCH ALLIANCES PAST PRESIDENT INTERNATIONAL COACH FEDERATION COFOUNDER EXECUTIVE AND PROFESSIONAL COACHING PROGRAM UNIVERSITY OF TEXAS AT DALLAS Ginger is the definitive expert and master of this realm of coaching Her book reflects her commitment to learning impact and excellence in group coaching GARRY SCHLEIFER PCC ICF VICE PRESIDENT PUBLISHER AND CEO CHOICE THE MAGAZINE OF PROFESSIONAL COACHING Ginger has designed a clear blueprint for enrolling and coaching groups of like minded or positioned people When I reviewed the manuscript I thought aloud I wish I had written this DARELYN DJ MITSCH MCC PAST PRESIDENT INTERNATIONAL COACH FEDERATION AND AUTHOR OF TEAM ADVANTAGE THE COMPLETE COACHING GUIDE FOR TEAM TRANSFORMATION PFEIFFER WILEY 2010 Ginger has done a magnificent job in creating a practical and up to date approach to successfully coaching groups Not only has she provided excellent tools but she also shares case studies that bring the tools to life This book is a must have for anyone that is considering coaching groups PAMELA RICHARDE MCC DIRECTOR OF TRAINING COACHINC COM PAST PRESIDENT INTERNATIONAL COACH FEDERATION When it comes to group coaching Ginger Cockerham is the master She knows the powerful formula for turning a group of people into big results In her new book **Group Coaching A Comprehensive Blueprint** you can tap into this magic formula for your own coaching groups KAY CANNON MBA MCC PAST PRESIDENT INTERNATIONAL COACH FEDERATION If you want to be a great coach either in private practice or as a team leader in an organization then you must study and live this book on group coaching by Coach Ginger With this book you will learn step by step how to create vibrant winning environments for people through the group coaching experience With these tools you will attract the right players to your team create a deep sense of community and provide a forum for shared wisdom full self expression and extraordinary results Read it Live it Share it COACH DAVE BUCK MBA MCC CEO COACHVILLE AND LIFEVILLE Whether you want to become a coach or just want to improve your coaching skills **Group Coaching** can help you create a successful and sustainable business helping individuals companies and organizations achieve their objectives Ginger Cockerham an executive coach with an international group coaching business shares how to build and hone your coaching skills You ll learn differences between group coaching and traditional methods of leading and facilitating skills tools and processes for developing and enhancing your expertise marketing strategies to attract ongoing groups to coach As you explore multiple group coaching case studies and models from experienced coaches and coach teams you ll discover how to

create an environment of collaboration This in turn helps your clients enhance their creativity and success Get insider information on what works well and what to avoid in group coaching with this detailed guidebook Equip yourself with the tools and knowledge you need to excel as a coach with *Group Coaching A Comprehensive Blueprint* *Group Coaching* Ro Gorell,2013-05-03 Group Coaching is everything you need to run successful coaching sessions effectively Based on 20 years of HR consulting and practical coaching experience this book offers tools tips ideas different perspectives and easy to use templates Group coaching on its own is a powerful tool and when linked to your talent strategy becomes the means to optimize collective talent in any organization *The Practitioner's Handbook of Team Coaching* David Clutterbuck,Judie Gannon,Sandra Hayes,Ioanna Iordanou,Krister Lowe,Doug MacKie,2019-04-29 The world s challenges are becoming more and more complex and adapting to those challenges will increasingly come from teams of people innovating together The Practitioner s Handbook of Team Coaching provides a dedicated and systematic guide to some of the most fundamental issues concerning the practice of team coaching It seeks to enhance practice through illustrating and exploring an array of contextual issues and complexities entrenched in it The aim of the volume is to provide a comprehensive overview of the field and furthermore to enhance the understanding and practice of team coaching To do so the editorial team presents synthesizes and integrates relevant theories research and practices that comprise and undergird team coaching This book is therefore an invaluable specialist tool for team coaches of all levels from novice to seasoned practitioners With team coaching assuming an even more prominent place in institutional and organizational contexts nowadays the book is bound to become an indispensable resource for any coaching training course as well as a continuing professional development tool This book is essential reading for anyone with an interest in coaching in both practice and educational settings It will be of use not only for professional coaches but also for leaders managers HR professionals learners and educators in the business public independent and voluntary sectors **From One to Many** Jennifer J. Britton,2013-06-27 Jennifer Britton has penned another winner With *From One to Many* Jennifer not only gives us a bird s eye view perspective but she also delves into the details we need to be successful as group and team coaches I m eager to incorporate this new material not only into my course curriculum but also into my own group coaching programs Jory H Fisher JD www.JoryFisher.com This remarkable resource gives coaches the necessary tools to expand their effectiveness and offer a group experience of connection and collaboration providing an exceptional experience for many Sandy Miller MA CPCC ACC www.revolutionizingdivorce.com *From One to Many* is a must read for coaches whether experienced or new to group and team coaching Jennifer combines extensive research personal and peer experiences practical applications and a comprehensive set of tools and resources to deliver another excellent book for professional coaches Janice LaVore Fletcher MMC BCC President Christian Coach Institute Practical tips tools and insight on successful team and group coaching engagements As professional development budgets at many organizations remain flat or even shrink due to financial pressures coaches and human resources leaders are looking

for new ways to do more with less funding Team coaching which may span intact teams project teams and virtual teams and group coaching spanning both organizational and public contexts offer a solution to this developmental puzzle Unfortunately there are few practical resources available that address the best practices for team and group coaching From One to Many fills that gap for coaches leaders and human resources professionals The book explains how to integrate the practice into an organization and how to maximize it to full effect One of the only books on the market that explores in depth the related topics of team and group coaching Written by the founder of a performance improvement consultancy who is also a popular speaker on the subject Features new content specifically for practitioners in coaching human resources performance improvement and related fields Team Coaching Pocketbook Erik de Haan, 2016-12-23 Many if not most teams in the modern workplace fall well short of harnessing their collective capability maintains Erik de Haan resulting in loss of performance and poor results For the author of the Team Coaching Pocketbook and director of the Ashridge Centre for Coaching this is a depressing thought yet he is quick to point out that poor performance is readily managed if team members are minded to reflect intelligently on how they operate and have the skills to do so This is where team coaching can be beneficial says de Haan It helps teams think through what they are doing and why how they can integrate individual skill sets and how they can innovate Written by an expert in his field this is a practical insightful guide to team coaching which will benefit both coaching specialists and team leaders

Power Up! Gene Knott, 2011-12-27 If you supervise or mentor anyone in your work life these pages will expose you to the mother lode for helping others grow succeed and excel POWER UP THE GUIDE TO LEADERSHIP COACHING WITH STRENGTHS gives those who coach others the reasons formats skills and tools to thrive in that practice Strengths coaching accesses that sweet spot between having a personal counselor and a wise consultant to provide optimal assistance With a clear outline of the chief skills tools and critical mindsets for thriving with strengths based coaching efforts POWER UP is an especially rich resource Gene Knott is a widely sought coach whose diverse client roster spans the range of leadership roles found in both for profit and not for profit settings Grounded in current knowledge about positive psychology principles and management scholarship POWER UP draws on the authors 24 years of experience coaching executives and working with a range of organizations to deliver a robust highly useful manual In these pages you'll find 0 strengths coachings mental maps lenses and platforms 0 the 7 key skills for coaching others using positive power 0 more than 40 easily adopted activities instruments and tools 0 numerous case examples stories and learning devices 0 a special chapter on leader team and organization coaching 0 strongboxes with wisdom for coaching with strengths Gene Knott is a master coach bringing to life the power of strength based methods in the coaching process His straightforward approach makes the theory and research easily understandable with practical activities insightful stories and key takeaways in every chapter Anyone interested in coaching and being part of the strengths revolution will profit from this book Tony Silbert MSOD Founding Partner Innovation Partners International co author of Healing Conversations Now

Research Handbook of Academic Mental Health Marissa S. Edwards, Angela J. Martin, Neal M. Ashkanasy, Lauren E. Cox, 2024-10-03 There has been much recent commentary regarding a crisis in academic mental health and wellbeing This Research Handbook showcases cutting edge studies and insightful narratives on the wellbeing of doctoral students early career researchers and faculty members illuminating the current state of academic mental health research Importantly authors also offer potential solutions to the increasingly poor mental health reported by those working and studying in the higher education sector

Social Therapeutic Coaching Carrie Sackett, Murray Dabby, 2023-12-22 Combining social therapeutics with the practice of coaching this book guides coaches and mental health professionals in how to coach groups and couples using this innovative method Drawing from the authors combined 50 years of experience Social Therapeutic Coaching A Practical Guide to Group and Couples Work empowers practitioners to break away from focusing on individual change to focusing on groups and their emotional growth Early chapters touch on the history of coaching and powerful discoveries of social therapeutics before diving into how to lead a social therapeutic group Sackett and Dabby explain how to incorporate the concept of human relationality into coaching sessions demonstrating how it extends group work beyond assembling like minded individuals with similar goals into bringing together diverse people with diverse issues that they want to work on and grow around It also brings a fresh lens to working with couples in which the focus is on discovering what the relationship needs rather than trying to get individuals to compromise change or work towards a preconceived shared vision for an end goal Written in an accessible style and filled with extensive case studies and examples Social Therapeutic Coaching provides a powerful toolkit for coaches counselors psychotherapists social workers HR and talent development professionals community based leaders and social entrepreneurs

Group Life Coaching Blueprint Joel A. Rivera M. Ed, Natalie Rivera, 2019-10-26 Being a life coach is a fulfilling way to make money doing what you love while making a difference But the truth is that not all life coaches are successful Some never learn the skills they need to create a thriving business and others get stuck because they re only able to reach a certain level of success and income by meeting one on one with clients There is only so much time in a day some of which is spent on marketing and other business related stuff Once a coach fills their schedule with clients they reach the ceiling of their growth Their only option is to raise their rates but this isn t always easy or even appropriate depending on the population they serve The good news is that there is a way to serve more people and increase revenue at the same time The secret to creating a successful life coaching business is offering group life coaching programs Think about it much of what you do with each client is exactly the same If you say the same thing 10 times to 10 different people why not say it to all of them at once If you develop a program out of your coaching process you can walk a group of people through the same coaching activities and steps together By creating a group coaching business you can 1 reach more people in less time 2 offer an easy to sell low cost option 3 upsell your favorite clients to one on one coaching 4 create a more predictable schedule and income and 5 increase your per hour revenue 50 x

10 is greater than 150 x 1 In this book you will find the exact blueprint that thousands of our life coaching students have used to create their own group life coaching programs You ll learn everything you need to 1 turn the process you use with your clients into a complete group coaching curriculum 2 learn professional communication and facilitation skills so you can effectively manage and lead your group and 3 structure your offer set your price and create marketing campaigns that fill your groups

The Key to Coaching. Learning, Application and Practice Azam Ali, Eric C.K. Chan, 2016 This is a fascinating book about coaching with emphasis on learning application and practice as they tackle the most profound issues of coaching The book covers coaching from definitions and historical aspects to aspects of learning and change in a very pedagogical way which helps the reader to understand analyse explain learn apply and practice the essence of coaching as a collaborative process

Lifestyle Medicine, Fourth Edition James M. Rippe, 2024-09-20 The fourth edition of Dr James Rippe s classic Lifestyle Medicine textbook continues to lead and inform the rapidly growing field of lifestyle medicine This is the discipline that focuses on the impact of daily habits and actions on both short and long term health and quality of life The first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature The fourth edition continues to span and expand the field and offers extensive evidence based literature in virtually every aspect of lifestyle medicine This Textbook edited by cardiologist Dr James Rippe who is a leading lifestyle medicine researcher represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine Chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine Lifestyle Medicine Fourth Edition contains extensive sections on the treatment and prevention of coronary heart disease stroke cancer diabetes obesity substance abuse dementia and many other clinical conditions Key lifestyle modalities such as physical activity nutrition weight management sleep stress reduction and positive connections with other humans are supported by detailed discussion and state of the art evidence The expanded section on behavioral medicine provides an important framework for these discussions Every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing psychiatry and preventive neurology The fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine The original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation There is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health The fourth edition of Lifestyle Medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians subspecialty physicians nurses and other healthcare practitioners

The Collaborative Leader Ian McDermott, L Michael Hall, 2016-10-03 In The Collaborative Leader L Michael Hall and Ian McDermott answer key questions about leadership What is collaboration How does it relate to leadership How do you do it effectively How do you pull people together inspire them with a meaningful vision and organise

them so that a team spirit emerges and peak performance is achieved The Collaborative Leader is a practical guide to collaborating with others and leading collaboratively That means learning how to win the hearts and minds of those who we lead Packed with practical and immediate action points the book will show you how to turn around a non collaborative group or environment immediately You will find assessment questions throughout step by step processes on collaboration and an invitation to action at the end of each chapter a personal challenge to step up to the collaborative level of leadership Learn the core competencies that facilitate a healthy joyful and productive collaboration The foundation of collaborative leadership is self collaboration The leader who cannot effectively collaborate cannot effectively lead If you are to walk your talk you need to demonstrate collaborative skills yourself and this book will show you the how to s for developing the critical success elements of leadership The best collaborators are those who have lots of fun collaborating The goal can be serious The collaboration can be fun Learn how it s possible by understanding the structure and processes of collaboration Whether you re responsible for team or organisational development you ll find plenty here to inspire you to transform your leadership into collaborative leadership Building Top-Performing Teams Lucy Widdowson,Paul J Barbour,2025-06-03

The best way for a business to succeed is through its people While there are gains to be had from streamlining processes reducing costs or making a strategic change the biggest potential for success comes from how humans collaborate Containing more than 60 tools which can be used in a virtual or in person coaching environment Building Top Performing Teams is a practical guide for leaders HR professionals coaches team coaches and anyone with management responsibility It covers how to motivate develop engage and reward a diverse team of employees with different levels of experience and priorities to achieve outstanding business success This updated edition includes new research and insights into team coaching and the dynamics of collaborative environments as well as understanding diversity neurodiversity and inclusion in the workplace Incorporating essential guidance tools and techniques that show how to promote team ways of working rather than individual focused processes this book also shows how to manage internal team conflict and ensure that teams are purpose driven and working towards a shared business goal Each chapter includes reflective questions and exercises to allow readers to identify how to apply each element of team development to their workforce **Il Group Coaching. Sviluppare il potenziale dei piccoli gruppi in formazione** Sabatino,2014

Всё о мастермайнде: как дирижировать групповой гениальностью Яна Лейкина,Ирина Шабрина,2024-07-02 The Love Reset Eldin Hasa,2024-10-06

The Love Reset isn t just a book it s a comprehensive 12 month transformational journey Packed with exercises journaling prompts and neuroscience based insights this course guarantees deep personal growth and healing Readers gain access to additional resources creating an immersive experience designed to heal past traumas nurture self love and build thriving relationships It s more than a read it s a hands on interactive guide to emotional transformation and relationship bliss **ENDORSEMENT** Life is about creating great meaningful and lasting relationships Eldin Hasa has written a book to inspire you to have relationship mastery Read

absorb and create the relationships of your dreams and desires Mark Victor Hansen Author Chicken Soup For The Soul Best selling author of non fiction books sold over 500 million copies The Love Reset is a powerful and invaluable resource because it offers a transformative approach to self love emotional healing and relationships By addressing deeply ingrained patterns like conditional self worth toxic attachment and the need for external validation it empowers individuals to break free from harmful cycles Through practical tools for healing emotional wounds and nurturing the inner child it fosters profound personal growth This reset not only helps individuals achieve happiness within themselves but also enables them to build healthier more fulfilling love lives based on wholeness and mutual respect Five Reasons You Will Love The Love Reset Unlock the Power of Self Love and Acceptance Struggling to truly love yourself The Love Reset helps you break free from conditional self worth guiding you to embrace unconditional love and acceptance of who you are Break Free from Toxic Attachment Patterns Tired of feeling stuck in unhealthy relationships This book provides actionable strategies to overcome emotional dependency helping you create fulfilling connections based on wholeness not neediness Stop the Cycle of Seeking External Validation Do you constantly look for approval from others Learn how to reset your mindset and reclaim your self worth so you can stop chasing validation and find peace within Overcome Fear of Loneliness and Embrace Wholeness Does being alone make you anxious The Love Reset will show you how to find fulfilment in your own company dissolving fear of loneliness and allowing you to thrive independently Heal Emotional Wounds and Reclaim Your Inner Child Carrying unresolved emotional trauma Discover powerful techniques to heal past wounds nurture your inner child and rebuild your emotional resilience transforming your approach to love and relationships Practical Tools and Exercises Packed with actionable tools exercises and journaling prompts The Love Reset offers practical steps to enhance your relationship Each chapter includes exercises designed to help you implement neuroscience principles in your daily life Whether you're looking to deepen your connection or overcome challenges these tools provide a structured approach to achieving relationship bliss The practical exercises make it easy to apply the book's concepts to your own life turning theoretical insights into tangible improvements in your relationship Self love is the foundation of any thriving relationship Until you believe you deserve happiness you will continue to chase it in others never realising it's been within you all along

Create A Community That Converts Fast: The Relationship-Built Sales Engine Blueprint Ahmed Musa, 2025-05-31 Sales aren't just about copy they're about connection In a time when people are bombarded with content ads and offers every day the businesses that win are the ones that create genuine relationships Create A Community That Converts Fast is your playbook for building a high trust high conversion environment where your audience doesn't just follow you they engage participate and buy This isn't about building a massive audience It's about building the right one You'll learn how to create a digital space whether it's a group membership email list or cohort that feels like home to your ideal buyers A place where conversations happen needs are shared and sales become a natural outcome of real connection When you do this right your community becomes your most valuable asset It

gives you direct insight into what people want where they're stuck and how you can help. You don't have to be a charismatic leader or an extrovert to lead a thriving community. You just need to listen well, show up consistently and build the kind of space where people feel seen and supported. This book walks you through how to spark engagement, foster belonging and guide your members toward clear results without turning your business into a 24/7 job. You'll learn to design your community around a clear outcome, not just chatter. And when you do, your audience won't just consume your content; they'll convert into customers, advocates and long-term fans. Forget transactional marketing. This is relationship-driven business at its finest.

AI Cash Empire Guillaume Lessard, 2025-08-24 AI Cash Empire is your ultimate step-by-step playbook for turning artificial intelligence into real financial freedom. This powerful eBook reveals how anyone can harness today's most advanced AI tools to build multiple automated income streams, whether you are a beginner or an experienced entrepreneur. Inside this book, you will discover: How to publish profitable AI-assisted eBooks that generate sales every day; How to design and launch simple but highly profitable apps with AI automation; How to create viral content and monetize social media with AI-powered strategies; How to package and sell optimized prompt packs that customers pay for again and again; How to build chatbots and digital agents that work for you around the clock; How to scale your empire with outsourcing, automation and growth hacking methods. This book is packed with real-world case studies, detailed examples and practical strategies that you can apply immediately. Every chapter gives you tools, templates and a clear roadmap to move from idea to income. Instead of vague promises, you get a system that is proven, scalable and designed for long-term success. Why this book is different: Written for both beginners and professionals, easy to follow and packed with depth. Focused on real monetization, not theory. Includes ready-to-use templates, prompts and scripts to save you time. Covers multiple income streams so you can diversify and protect your future. Perfect for Entrepreneurs who want to scale faster with AI, Creators and freelancers who want recurring income. Anyone seeking financial independence using the tools of the future. By the end of AI Cash Empire, you will know how to create digital assets that sell automatically and build an income system that works while you sleep.

Sell Services Without Feeling Like Labor. A Time-Leveraged Business Model Blueprint Ahmed Musa, 2025-05-30 Selling services doesn't have to feel like selling your soul or your schedule. Sell Services Without Feeling Like Labor is your blueprint for breaking out of the time-for-money trap without killing your income or your sanity. If you're booked out, burned out or secretly dreading every new client, this is your wake-up call. Inside, you'll discover: How to productize your services so clients buy outcomes, not hours. Why scope creep is a symptom of poor positioning and how to fix it. A time-leveraged delivery model that scales you without cloning you. How to set boundaries, price with authority and build systems that do the heavy lifting. You don't need more hustle. You need leverage, structure and scalable sanity. This book is for coaches, consultants, creatives and service pros who want to grow without becoming a full-time employee in their own business. Because when your services feel like labor, you've built the wrong model. Let's fix that. Read this, rework your offer and finally sell service like a pro without

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Group Coaching A Comprehensive Blueprint Introduction

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