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Effective Coaching: Lessons from the Coach's Coach ...

Effective Coaching: Lessons from the Coach's Coach: Lessons from the Coaches' Coach by Downey, Myles at AbeBooks.co.uk - ISBN 10: 1587991721 - ISBN 13: 9781587991721 - Texere Publishing - 2003 - Softcover

9781587991721: Effective Coaching: Lessons from the Coach ...

Effective Coaching: Lessons from the Coaches' Coach: Author: Myles Downey: Edition: 2, illustrated: Publisher: Texere, 2003: Original from: Pennsylvania State University: Digitized: 18 Feb 2010: ISBN: 1587991721, 9781587991721: Length: 223 pages: Subjects

Effective Coaching: Lessons from the Coaches' Coach ...

REMOVE DISTRACTION This practical, workable method — the removal of interference — which can be applied to many individual sports coaching situations, is one of the key teachings from Effective Coaching. A football coach at the seminar returned to his training ground to improve the performance of his team's penalty takers.

Book review: Effective Coaching Lessons from the Coach's ...

Effective Coaching: Lessons from the Coach's Coach: Lessons from the Coaches' Coach. Effective Coaching "Effective Coaching" shows both managers and professional coaches how to "get the best out of their team" using practices that have made the author Myles Downey one of Europe's foremost business coaches. Full description.

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"A book about achieving actual results for individuals, teams, and organizations"--P. [4] of cover.

Every company on the planet is trying to squeeze more performance out of fewer resources. But is this really possible without inflicting lasting damage to the workforce? has humanity been squeezed out of the workplace in the mistaken belief that this will increase profit margins? How can companies help themselves and their employees fulfil their potential? The answer is found in Effective Coaching in which Myles Downey presents a comprehensive introduction to coaching in the workplace, and reveals to both managers and professional coaches how to get the best out of their team through the implementation of practices that have made him one of Europe's foremost business coaches. Downey is both passionate and pragmatic in his approach. He believes that people work better, more productively and more effectively when cared for and fulfilled in the workplace. His inspirational and practical approach to coaching shows that when conducted as a regular working practice, it can tap into the resources of the whole individual, for the benefit of the organization and the employee alike.

How to become a great business coach and get the best out of your people.

Coaching is an essential skill for leaders. But for most busy, overworked managers, coaching employees is done badly, or not at all. They're just too busy, and it's too hard to change. But what if managers could coach their people in 10 minutes or less? In Michael Bungay Stanier's The Coaching Habit, coaching becomes a regular, informal part of your day so managers and their teams can work less hard and have more impact. Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. It can also mean unlearning our "fix it" habits. In this practical and inspiring book, Michael shares seven transformative questions that can make a difference in how we lead and support. And, he guides us through the tricky part - how to take this new information and turn it into habits and a daily practice. -Brené Brown, author of Rising Strong and Daring Greatly Drawing on years of experience training more than 10,000 busy managers from around the globe in practical, everyday coaching skills, Bungay Stanier reveals how to unlock your peoples' potential. He unpacks seven essential coaching questions to demonstrate how--by saying less and asking more--you can develop coaching methods that produce great results. - Get straight to the point in any conversation with The Kickstart Question - Stay on track during any interaction with The AWE Question - Save hours of time for yourself with The Lazy Question, and hours of time for others with The Strategic Question - Get to the heart of any interpersonal or external challenge with The Focus Question and The Foundation Question - Finally, ensure others find your coaching as beneficial as you do with The Learning Question A fresh, innovative take on the traditional how-to manual, the book combines insider information with research based in neuroscience and behavioural economics, together with interactive training tools to turn practical advice into practiced habits. Dynamic question-and-answer sections help identify old habits and kick-start new behaviour, making sure you get the most out of all seven chapters. Witty and conversational, The Coaching Habit takes your work--and your workplace--from good to great.

Build Your Coaching Skills to Develop Others Coaching has the power to enhance individual, team, and organizational performance. Its interactive process helps individuals set and act upon goals, make better decisions, and produce results. 10 Steps to Successful Coaching offers meaningful advice to help you embrace and elevate your existing coaching skills, drawing upon your strengths as a leader, colleague, or employee to bring out the strengths of others. This book is an entry point for anyone who wants or has been asked to do some formal or informal coaching. It's also for anyone who wants to infuse day-to-day interactions in the workplace with a powerful new skill: development through coaching. With coaching skills quickly becoming essential for anyone who wants to help others develop in the workplace, use this book as your road map to being an effective coach who is ready to listen, encourage, and challenge others to greater achievement. Your coachees will enjoy greater job satisfaction and confidence, and your organization will benefit from this cost-effective way of developing employees and improving productivity. You, as a coach, will discover growth in your working relationships and gain a tremendous sense of accomplishment. This second edition addresses coaching in terms of the broader organization; creating a coaching culture; the impact

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of technology on the coaching relationship; and goal and accountability setting; overcoming obstacles to good listening; and ending the coaching process. You'll find a diverse array of tools to help you along the way. Examples include: □ a development plan to highlight existing coaching skills and areas of opportunity □ sample questions to ask during sessions □ forms to secure commitment to coaching □ an assessment to evaluate your organization's coaching culture.

Group coaching is rapidly becoming the preferred coaching option for businesses and individuals. *Effective Group Coaching* is a practical, resource rich, hands-on guide for the group coaching facilitator in one of the fastest growing new disciplines. Organizations, community groups and individuals are discovering that group coaching is an exciting and sustainable model and process for learning and growth. Written for internal and external coaches, HR professionals, trainers and facilitators wanting to expand their work into this area, this book provides tested methodologies and tools and tips. Both new and seasoned coaches will find the book a practical roadmap and go-to guide when designing, implementing and marketing their own group coaching programs. Case studies highlight how group coaching programs are being delivered globally through corporate and public programs, virtually and in person. Also, the author's dedicated web site offers resources and articles available for downloading.

Research proves that employees will work harder and produce more when they feel appreciated, valued, and understood. Easier said than done? *Effective Coaching* explains how you can: Apply good coaching methods in the workplace; Quickly establish the discipline you need in a cooperative, non-threatening atmosphere Instinctively use effective problem solving strategies in every situation You know your company needs its employees. Make sure they know that. Management strategies and techniques presented in *Effective Coaching* will help you dramatically improve employee performance, and maximize the measurable value received from each employee.

Great coaching makes a world of difference. Coaching is one of the quickest and most effective ways to advance the success of an organization. Yet it remains underused and misunderstood, and the term is often used synonymously with corrective counseling, encouragement, or the many helpful tactics in between. In *Coaching Basics* you'll discover a precise coaching framework along with insights from 40 experienced coaches, including Barry Goldberg and Marshall Goldsmith. This refreshed edition also homes in on what it takes to build influencing skills and introduces new content on microcoaching to highlight practical ways to leverage technology. Part of ATD's Training Basics series, *Coaching Basics* presents the theory and follows it up with easily applicable techniques, examples, and exercises that will help you perfect essential coaching skills.

Coaching has become such a ubiquitous concept that it can connote any professional practice for empowering people and unlocking their potential to make the most of their performance and achieve their goals. This can be accomplished by establishing collaborative relationships between the coach and coachee (the person being coached) based on the effective communication and professional skills of the coach, which include the ability to create a safe environment, ask effective questions, pay attention, listen actively, keep an open mind, stay non-judgmental, paraphrase, challenge, and give and accept constructive feedback while remaining respectful. The higher education sector is one of the key areas that can benefit from adopting coaching practices. *Coaching Applications and Effectiveness in Higher Education* provides relevant applications of coaching and their effectiveness within the sector of higher education. This branches out to teaching and learning and involves students, staff, and staff development. Chapters include information on coaching models, coaching in blended environments and with technology, coaching effectiveness, and coaching equity. This book is ideal for researchers working in the field of coaching and higher education in different disciplines, coaches, HR and management, policymakers, researchers, academicians, and students who want to improve their understanding of where coaching can be applied in higher education and its effectiveness.

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