

(Ebook free) It's Not About the Coach: Getting the Most From Coaching in Business, Sport and Life

It's Not About the Coach: Getting the Most From Coaching in Business, Sport and Life

Stuart Haden

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Stuart Haden : It's Not About the Coach: Getting the Most From Coaching in Business, Sport and Life before purchasing it in order to gage whether or not it would be worth my time, and all praised It's Not About the Coach: Getting the Most From Coaching in Business, Sport and Life:

0 of 0 people found the following review helpful. Really helpfulBy Ms Olwen M HughesTo those of us who have studied and practice as coaches, we are the latest privileged to hold an amazing legacy that repeats throughout cultures

around the world, one that has never had a sump of hard evidence deposited In its wake to tie it down, but seeks to support the ever emerging and purposefully moving stuff of authentic action and leadership. Quite simply, people who are true to themselves and driven by a desire for everyone else to be so creates power that we know transforms and might just save humanity. Not this writer's contention, checkout the stories we revere from the really ancient, like Arjuna in the Bhagavad Gita, to the really modern, like Malala Yousafzai. But are we coaches always going to help - do these people really need the likes of me every time or anytime? Come to that who does? I love it that I am made to question what I do like this because otherwise I am never going to be an honest coach. Imagine finding out I am no better than the next snake oil merchant!The presence of coaches can be detected (the relationship between Krishna and Arjuna is very like one), but what I must hold on to is that it is the effect of coaching that matters and what it helps release, true to values and ethics. As Stuart tells us lyrically, personally and so very enjoyably, the Big Idea is person not process and never a promised outcome, such a hard, if well worn, truth to hold on to because we want things to work and to be predictable and would love there to be an evidence-based pill for everything. This book is not about ailments or cures but about being real about the task and so real about deciding to do it and being able to do it. In a sense, it is the label to read before opening the coaching tin and both coach and coachee should read it.0 of 0 people found the following review helpful. Great readBy Ms. K. D. St John-BrooksThere are lots of books coaching these days, but I was really interested by this book because it explores coaching through the lens of the coachee. This is an ideal text anybody involved in coaching (like me) to prepare the coachee prior to and during the coaching. The book begs the question are you coachable? From a practical point of view I like the way the book is divided up into three sections, with three chapters per section. As well as practical tools and techniques, the book also has an intriguing narrative throughout. Informative on the one hand, a pager turner on the other.0 of 0 people found the following review helpful. Insightful read for coaches and coacheesBy Janice CaplanHaden has written a highly-readable book that is full of insightful and thought-provoking tips and ideas to help someone get the best out of a coaching experience. Mixing personal and business experiences, Haden helps the reader know how to come out of the day-to-day and reflect on the long-term and the transformational. He equips the reader with techniques for reflecting on their experiences and their feelings and translate these into learning that is essential for both career and personal development. I highly recommend this book for coachees and coaches.

Coaching is a space between two or more people. It's Not About the Coach is about inspiring coachees to make informed choices about coaching, discover their readiness for learning and develop the values required for success. In doing so coachees can achieve accelerated results in business, sport and life situations.

About the AuthorStuart Haden is a coach, facilitator and consultant, and has particular expertise in developing authentic team, leadership and coaching cultures. His approach is grounded in harnessing personal energy, developing our personal narratives and the nature of who we are being. He lives in London, UK.