



At a Glance

TITLE

The Coaching Habit; Say Less, Ask More & Change the Way You Lead Forever

AUTHOR

Michael Bungay Stanier

GENRE

Non-Fiction
(Business/Leadership)

STYLE

Expository

PUBLISHED

Box of Crayons Press 2016

PAGES

251

BOOK DESCRIPTION

A fresh innovative take on the traditional how-to manual, 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.

Summary

The Coaching Habit is a practical guide to increasing your effectiveness as a coach. It helps you transition from a “talker” to a “listener” in the coach/employee relationship. The role of talker is a trap most supervisors and managers fall into while the role of listener is much more helpful and productive.

The book is centred on seven transformative questions that can be used in everyday situations to encourage employees to seek different ways of solving problems. The questions encourage thinking differently, thus avoiding doing things in the same old inefficient ways.

The advice is practical and easy to implement. As an added bonus, videos are available at TheCoachingHabit.com/videos

Evaluation

This book was easy to read and even easier to apply. The author gives the reader seven questions to ask. Even if all you do is get into the habit of asking your employees the seven questions you will see an increase in creativity and problem-solving.

Recommendation

I would recommend this book to supervisors and managers working with their employees to improve their performance.

I would give the book a ★★★★★

REVIEWER

Audie McCarthy is President and CEO for Mohawk College Enterprise (MCE), a business to business organization established by Mohawk College to provide training and consulting services to organizations across Ontario.