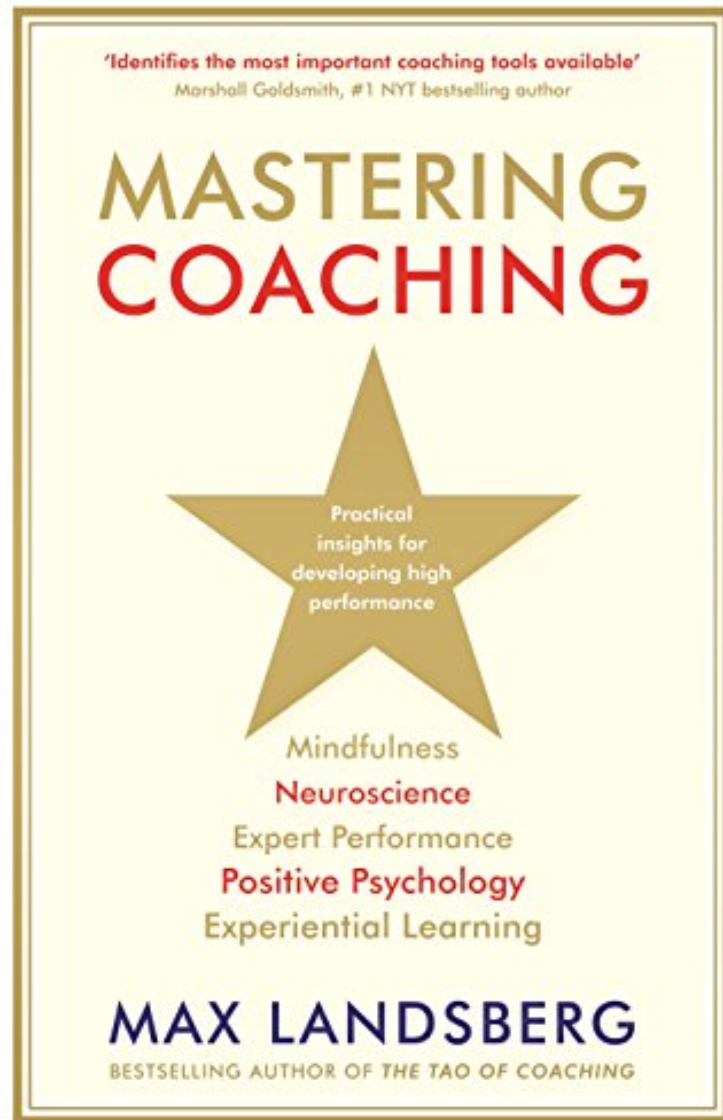


(Download pdf ebook) Mastering Coaching: Practical insights for developing high performance

Mastering Coaching: Practical insights for developing high performance

Max Landsberg

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Max Landsberg : Mastering Coaching: Practical insights for developing high performance before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mastering Coaching: Practical insights for developing high performance:

1 of 1 people found the following review helpful. Helpful book on the coaching world and its vast array of areas of study, tools etc. By Brad Revell One of the areas I would like to explore more is the world of coaching. 2016 started off with reading this book prior to attending an NLP (Neuro Linguistic Programming) Coaching course. This allowed me

to understand and come prepared for the course. Mastering Coaching provides a solid foundation of what coaching is about, the various areas of coaching (psychometrics, sports, positive, experiential etc.) along with a number of tools. The biggest misunderstanding is on what coaching is. Landsberg clears this up with a clear difference from mentoring, counselling and therapy; he refers to coaching as "facilitating self-directed neuroplasticity." The book is divided into three areas to provide the reader detail on the science, strategies and situations when coaching. There are plenty of diagrams and examples cited from experts in the neuroscience field. It is an excellent starter manual to the world of coaching. Landsberg also provides a plethora of additional reading options throughout the book for those that want to delve deeper into the various topics discussed. Three key takeaways from the book: 1. Coaching is very different to mentoring, counselling, and therapy. The best metaphor I can use is to lead a horse to water but not the horse drink 2. Multi-tasking. I am continually reading the message that the brain is built to process one task at a time. If we multi-task, we reduce the brain's overall speed and accuracy 3. Experimental learning and the 70/20/10 rule. Individual learning comes is 70% self-directed, 20% from specific people, 10% from reading/training

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Coaching is one of the most sought-after leadership skills - vital for anyone who wants to develop a team of people who will perform effectively, but are also motivated and relish working together. It's also a dynamic discipline which, in recent years, has developed and grown to embrace theory and practice from a wide range of other disciplines, frameworks and models. Mastering Coaching starts by asking what skills an effective coach must now possess to boost the performance of their coachees. In response, it summarises the most important research in areas such as neuroscience, sports psychology and mindfulness, positive psychology, mastery and goal-setting and offers a clear, simple and practical guide to how this new thinking can help coaches and managers to develop their own coaching practice. Written by Max Landsberg, executive coaching and professional development expert and author of the perennial bestseller The Tao of Coaching, Mastering Coaching goes beyond the basics of coaching by providing insights which offer a proven route map to coaching success. Practical and jargon-free, the book will equip readers with the techniques and tools necessary to take their coaching to the next level.

‘A coach for the coaches! ... identifies the most important coaching tools available ... will be more effective than ever, and your clients will thank you for it’ - Marshall Goldsmith, #1 NYT bestselling author
‘A must-read for any coach committed to their craft and serious about their personal development.’ - Andy Grant, Senior Coach Education Advisor at sports coach UK
‘This book helps the leader manage the twin challenges of keeping abreast of the advances in coaching, and of tailoring the coaching appropriately. It is an invaluable guide to keep us current and effective in our roles.’ - Alistair Cox, Chief Executive, Hays plc
‘[A] thought-provoking survey of the field ... some new ideas for me and, I suspect, for many.’ - Douglas Gurr, President of , China