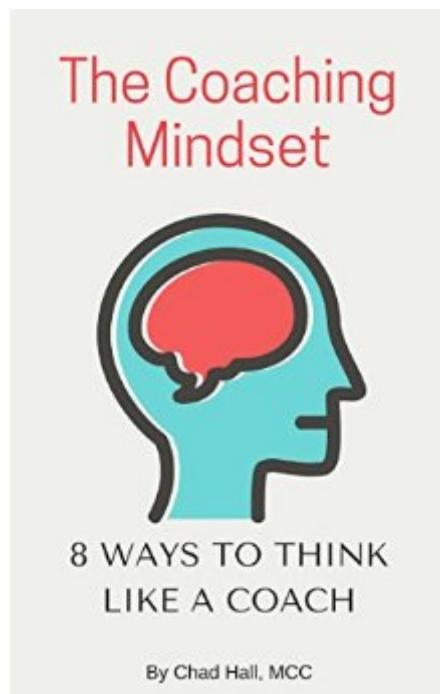


The book was found

# The Coaching Mindset: 8 Ways To Think Like A Coach



## **Synopsis**

Having trained thousands of people to coach and to use coaching skills, Chad Hall has seen the same set of obstacles prevent new coaches from becoming great coaches. The barrier is not about what they DO, but how they THINK. In this short e-book, Chad outlines 8 specific ways coaches need to think. When you think like a coach, the techniques for coaching will just come naturally and produce great results for those you work with. If you know what coaching is and you're ready to take your coaching several steps closer to mastery, this is the book for you.

## **Book Information**

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## **Customer Reviews**

Thanks for writing this. Very helpful in bite size learning and thinking as I grow in my understanding of coaching. Loved the different articles that were referred to. All was short and to the point. Would love to see how you get from empathy to objective and still know you have the heart of the client. I understand it's need but since this is my weakness would like to see more illustrations there. Plus the balcony one too. How do you do both without sounding preachy? I have been known for not feeling enough with people before moving on or at least voicing it. But I figured I practiced the other

concepts and change my thinking and focus on the person and not trying to fix it I think the others will follow. :). This paper gave me much to think on and try on as I became more aware of my thinking and changing it. I encourage others to read it as they grow to be a better coach or even thinking of becoming a coach. Thank you.

"The right technique in the wrong hands will produce the wrong results," Chad Hall says in the introduction. I couldn't agree more. After training thousands of people to coach, I find equipping people in the skills of coaching to be relatively straight forward. The challenging task is helping people to think like a coach. Chad Hall's book, *The Coaching Mindset: 8 Ways to Think Like A Coach*, is a welcome addition in this regard. The coaching mindset is counter-intuitive for most people. We want to be the smart one, solve the problem, have the right answer, and make the breakthrough. As Hall says, we want to be the star of the movie. But it's our clients who are the stars of their own action films - their lives. We're supporting, watching, and cheering them on. Here's the list of 8 ways to think like a coach: 1. Take a dumb pill. 2. Go to the movies. 3. Embrace the primitive. 4. Follow the first rule of Improv. 5. Get curious. 6. Ask for directions. 7. Avoid the dark side of empathy. 8. Think like a kid with a crayon. Doesn't this list look intriguing? If you've been through any coaching training you should have some idea what these are about. I think the author did a fantastic job of explaining the obvious, the nuanced, and the you-think-you're-doing-it-but-you're-not. I plan to use this book with our coaching training participants - after they've done a bit of training and had some practice. That's the point when these mindset distinctions will have the most impact, I believe. The author models a difficult coaching skill: be concise. This ebook will take you 20 minutes to read! Well worth your time.

To assume that an Ebook of this small size couldn't possibly expand your coaching knowledge or enhance your coaching practice would be to miss a good read and a great learning opportunity. "*The Coaching Mindset: 8 Ways To Think Like A Coach*" is filled with solid content written in an engaging style that is guaranteed to make you think. New coaches wading through vast amounts of content from their coach training program will discover principles that are most helpful and needful to focus on and master first. Seasoned coaches will be challenged to reflect on how effectively they are utilizing some foundational coaching principles and gain new insight about how they could be put into practice in an even more effective way.

The book tries to provide deeper understanding of the mindset and behaviour a coach should

master, while trying hard to avoid being a list for standard coaching questions to ask. Unfortunately, it succeeds in avoiding standard questions but the explanation of the 8 described behaviours is platonic and ends up being another standard list one should avoid as a coach.

Just before getting on the Tokyo to LA flights home, I looked up best coaching books on Kindle Unlimited and "The Coaching Mindset" popped up. It is a super short read, I finished it before we took off. Probably takes you 30 minutes to go through it, and I'd give it a solid 4 stars. As a coach in my 4th year of coaching, I've finally now built a 6-figure coaching practice and one of the main factors has been getting my own coach. I was happy to see that this book follows the same turnaround advice that my coach has been teaching me and that is, in a nut shell, we as coaches are not here to dispense our brilliant advice and make ourselves look great, so much as we are here to listen and to make the client shine by helping them see and think differently. This last part is the focus of this short book - how we stop our own automated patterns of jumping into solving mode and telling mode, and how to do stay in a constant state of curiosity. What I didn't like was the lack of great questions. I love the concept - yes we need to ask the questions that makes the client truly think, and tell us more, and think differently but the quality of the sample questions - and there were very few - was not the best. I found most of the questions confusing. Asking the right questions IS key, I agree with the author, I wish that he had shared more of this with the reader. Also, the 8 mindset shifts are great, but short. If you are looking for depth and substance to truly transform your coaching, this is just the tip of the ice berg. I have to say, the author is good at implementing the element of curiosity and making you hungry for more. This is a great quick read for all coaches aspiring to change their clients' lives through confidence-building and empowerment.

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