



GETABSTRACT REVIEW OF

# The Coaching Habit

## Say Less, Ask More & Change the Way You Lead Forever

Coaches should ask “seven essential questions” to help people reach their own solutions. Proper coaching helps employees enhance their skills and master their jobs. You can coach someone in “10 minutes or less,” so make coaching a daily routine.

## Discussion Questions

- 1.Name the 7 crucial managers must help their teams members answer.
- 2.What is stopping you from holding a weekly coaching conversation with your direct reports?
- 3.Are you actively listening when coaching or just waiting to give criticism?  
How do you know the difference?
- 4.What steps will you take to strengthen your coaching style?

### STEP 1

Have your team read the [getAbstract summary](#).

### STEP 2

Schedule a team meeting to discuss the questions below.

### STEP 3

Have a discussion with your team.

*“Building a coaching habit will help you and your team reconnect to the work that not only has impact but has meaning as well.”*

### The Coaching Habit

Michael Bungay Stanier

## Additional resources



Coaching



Mentoring