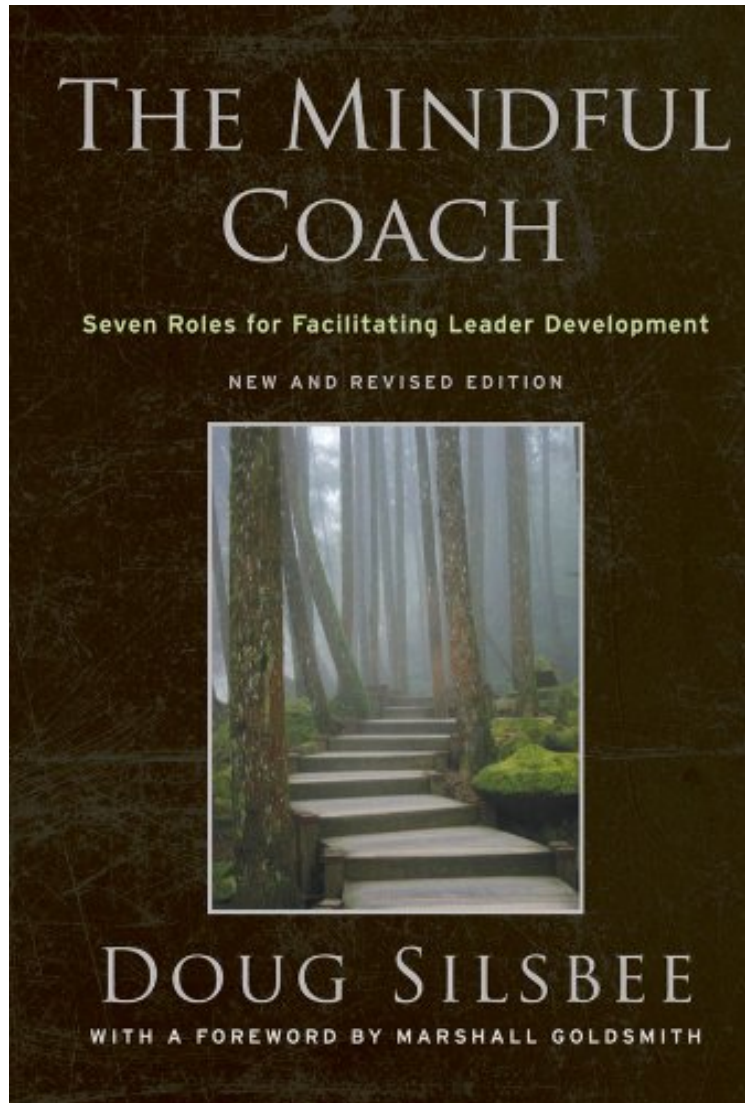


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## The Mindful Coach: Seven Roles for Facilitating Leader Development

*Doug Silsbee*

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**Doug Silsbee : The Mindful Coach: Seven Roles for Facilitating Leader Development** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mindful Coach: Seven Roles for Facilitating Leader Development:

1 of 1 people found the following review helpful. A "Must Have" Reference for CoachesBy Teresa W. KlosterIn The Mindful Coach, Doug Silsbee marries mindfulness wisdom with the seven roles employed to grow others. This is an insightful, practical, beautifully written and important guidebook for today's coaches and leaders. Whether you

are a professional coach, or coaching is among your many job duties as a leader/manager/supervisor, you will find Silsbee's guidance will open new paths for your own development and your development strategies with others. By first exploring and defining coaching, mindfulness and service, the author then opens the conversation to how those manifest in the seven roles for helping people grow: the master, partner, investigator, reflector, teacher, guide and contractor. Full of sample dialogues, exercises, "pitfalls and guidelines," Silsbee provides the reader the tools to continue growing as a mindful coach. The Mindful Coach is a reference every professional coach or "leader/coach" should have, and refer to again and again. 0 of 0 people found the following review helpful. Coaching By Nisha Walibhai, Ontological Coach This is a very good resource for those interested in getting a taste of what developmental coaching is about. The author does a very good job of describing key considerations in initiating a coaching relationship, and explaining the seven roles a coach takes on in a coaching engagement. This book can serve as a great book club material with your coaching colleagues. Silsbee does a great job of helping readers visualize some of the mindfulness concepts such as attachments and aversions. This book can also be a good resource for someone interested in engaging a coach, and want to figure out what to look for in a good coach. It has some useful exercises for those interested in self coaching or for those who want to "get their feet wet" before seriously considering coaching as a profession. 0 of 0 people found the following review helpful. A must read for both new and experienced leaders and coaches! By Pam S. Great book for anyone wanting to grow relationships skills, and especially if already trained in coaching, advising, or mentoring. The applications to the work place for leaders at any level are also a bonus in this in-depth personal and professional development resource. Exercises to help with the concepts provide real-time, immediate benefits to moving me closer to being more aware of how I am experiencing and living in the moment. Looking forward to going deeper with Presence-based Coaching!

Praise for The Mindful Coach "Success in business is predicated on eliciting the best from people. The Mindful Coach clearly articulates the essentials of how to do this. As someone who believes deeply in the potential of all people, I found Silsbee's approach both practical and profound. This is a must-read for everyone concerned with people and learning." — Arthur M. Blank, philanthropist; cofounder, The Home Depot; and owner and CEO, Atlanta Falcons "The Mindful Coach is not just another coaching model. It is a frame of reference for anyone involved in developing people. This highly readable book should serve as a reference for anyone genuinely concerned about helping others. It has had a significant impact on the way I approach coaching and developing others." — James N. Bassett, M.Ed., employee development, Institute of Nuclear Power Operations "The Mindful Coach digs deeply, offering a lens and structure for understanding the intimate and necessary connection between relationships and human development. No other skill set, knowledge, or awareness is more important to educators, leaders, and managers than what is presented in this precious volume." — Robert C. Pianta, Ph.D., dean, Curry School of Education, University of Virginia "This revised edition provides the structure for presence, through which new solutions become available. This book itself is a practice in the art of 'becoming,' while providing a clear action framework for powerfully engaging others with their own development. Silsbee has provided a gift to leaders, teachers, and coaches!" — Connie Maltbie-Shulas, manager, V-22 Training Systems, Boeing "This book has broad appeal not only for coaches, but also for managers, executives, and consultants. Leaders of all kinds can benefit from Silsbee's clear and caring process for bringing out the best in people. This is a must-read book for anyone who wants to jump-start themselves and others on their journey to their potential." — Diana Whitney, Ph.D., author, The Power of Appreciative Inquiry "This is the guide for leaders committed to helping others learn. The seven roles will help any leader facilitate more meaningful development conversations. This new edition engaged me instantly, with immediate applications in key relationships." — Darellyn "DJ" Mitsch, MCC, president, The Pyramid Resource Group; former president, The International Coach Federation