



# Book Review

TITLE: The Advice Trap

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DATE: May 31, 2021

## PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I read The Coaching Habit and this was the next book. I'd heard the author on Brene Brown's Dare to Lead podcast and I liked his mantra of staying curious just a little bit longer. As I flip through the book, I see lots of quotes and there is a flowchart about easy and hard change on pp. 20-21 that intrigues me and I am excited to learn more about.

## A-HA MOMENTS

What a-ha moments did you have when reading?

- p. 21 The Experience of Hard Change flowchart - make no progress - can either do it a different way or decide it's dumb and give up
- p. 173 "The power of the status quo is strong." so good - it's easier to stay stuck than to do the hard work to get unstuck

## QUESTIONS

What questions do you have after reading that you want to investigate?

- How can I implement TERA more into my discussions with people (Tribe, Expectation, Rank, Autonomy)
- How does he use TERA to keep the crowd engaged when giving a keynote (p. 122). What does he do? How can I learn more about this

## CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Feedback questions on p. 154 are very similar to the Roy Group Feedback model questions.
- Model what you are doing when you are coaching - put words to your actions
- Using Brene Brown's Engaged Feedback checklist as a means to improve TERA

## ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Year of Living Brilliantly - 52 short videos by some cool people - I want to sign up for this course and I'm going to invite a couple of people in the hopes that one will do it with me so I stay with it.
- When you create an agenda, turn each topic into a question. Ask "What's the real challenge here" or "What is the problem we need to solve?"

## POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

I want to dig more into change and habits as I think there is probably some really interesting and useful stuff there. I have one more of his books that I want to read. I also want to dig into some of the videos and information on his website and I want to do the Year of Living Brilliantly. I liked the book, but not as much as The Coaching Habit. I think there is some good information, but I found some of it repetitive of the other book too so I'd probably recommend The Coaching Habit more. I do want to learn more about TERA and deep practice.