



# Book Review

TITLE: The Coaching Habit

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## 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?

This was a recommendation from a colleague but I listened to Brene Brown's Dare to Lead podcast where she interviewed him and it became a must read. The book is small and rather plain on the outside, but I like how it's laid out. Some quotes (my favorite) and extra info and action plans. I had seen these seven questions before when reading about coaching, so was excited to dig in a bit.

## A-HA MOMENTS

What a-ha moments did you have when reading?

- Studies show that doctors interrupt their patient after 17 seconds
- "Go on failing. Go on. Only next time, try to fail better." Samuel Beckett
- Ask "Suppose that tonight, while you're sleeping a miracle happens. When you get up in the morning tomorrow, how will you know that things have suddenly gotten better?" Look at the end and it can make the journey clearer

## QUESTIONS

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

- I want to learn more about habit loops and how I can apply them
- How does Karpman's Drama Triangle play into how I lead (and follow)?

## CONNECTIONS

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

- Coaching is about empowering others and reducing independence which is a core concept I teach for leadership
  - 45 % of our waking behaviour is habitual - I read in The 4% fix about this too
- Dare to Lead Podcast with Michael

## ACTIONABLE IDEAS

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

- Watch the videos on his website about coaching
- Try asking more questions
- Read 6.5 Habit Gurus ebook

## 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 loved this book and there are so many amazing ideas. He has two other books (The Advice Trap and Do Good Work) which I definitely want to read. I also want to learn more about habits. I've gotten a couple recommendations for books about habits so I can add those to my to read list.