



The Mindful Coach: Seven Roles for Facilitating Leader Development

By Doug Silsbee

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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."—Darelyn "DJ" Mitsch, MCC, president, The Pyramid Resource Group; former president, The International Coach Federation

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Editorial Review

Review

... takes 'coaching' well beyond popular models into a deeply intentional practice of intentionality and professionalism at their highest levels. -- *James Burke, PhD; Director, Workplace Initiatives Program, Virginia Commonwealth University*

Doug's analysis is clear and intuitive. Its simplicity allows it to be easily used, yet it's rich in detail. -- *Chris Dennen, PhD; Director, Adventure of the American Mind*

Silsbee's approach is both practical and profound. This is a must-read for everyone concerned with people and learning. -- *Arthur Blank; Co-Founder, Home Depot*

The Mindful Coach is personal, spiritual, systematic, and insightful. This is Thich Nhat Hahn meets Stephen Covey! -- *Barbara Fulmer; Director of Training, Jenny Craig International*

The Mindful Coach provides an inspiring and practical roadmap for developing masterful coaching skills on the job. -- *Karen Wunderlin; Consultant, Former VP/Marketing, GE*

With its pertinent perspective, The Mindful Coach will bring an extra, fruitful dimension to the coaching relationship. -- *Henry Berry; The Small Press Book Review*

From the Author

Writing this book has been an enormous pleasure and challenge. Many people have contributed in one way or another. I'm pleased to offer this book, not only to professional coaches, but to all professionals who take their own development, and that of others, seriously.

Coaching and developing people is a critical capability of leaders in any field. This book provides a practical method for doing this more skillfully, based on a proven approach. The reader looking for a set of skills and tools will be happy with the practical tools included here.

The book, however, goes beyond tools and skills. The uniqueness of this book is the particular emphasis on the corresponding development of the coach. The act of coaching itself, when entered into by a thoughtful practitioner, provides a constant invitation to learning.

In my own work with leaders in business, government, and education, I've often felt that I was learning alongside those I was working for. The underlying premise of this book is that we can't truly serve the learning of others unless we are, at the same time, doing our own work. As you coach, you must also be a learner. It's my hope that the book will both inspire and guide you toward this end.

From the Inside Flap

Regardless of your level of coaching experience, you are likely to be asked to support the development of people with whom you share a professional or personal relationship.

In this thoroughly revised and updated edition of his best-selling book *The Mindful Coach*, expert coach Doug Silsbee presents his practical Septet Model as an ideal tool for conducting coaching conversations with

executives, leaders, and other professionals. The model differentiates seven roles (or Voices) that anyone in a coaching role can use when engaging in these learning conversations: Master, Partner, Investigator, Reflector, Teacher, Guide, and Contractor. In this important book, Silsbee illuminates the dynamic relationship among these seven roles and shows how to integrate them into an intelligent strategy that can be applied to any coaching conversation.

Designed as a down-to-earth resource, *The Mindful Coach* is filled with practical exercises and sample dialogues for learning and applying the model. Throughout the book, Silsbee's strong emphasis on self-knowledge and mindfulness integrates with the Septet Model in a transformational approach to coaching that has consistently produced significant and sustainable results for leaders in Fortune 100 companies, nonprofit organizations, business schools, education, and government.

Users Review

From reader reviews:

Peter Cox:

This book untitled *The Mindful Coach: Seven Roles for Facilitating Leader Development* to be one of several books that best seller in this year, honestly, that is because when you read this book you can get a lot of benefit on it. You will easily to buy this particular book in the book retailer or you can order it by means of online. The publisher of this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Smart phone. So there is no reason to you to past this e-book from your list.

Diana Ham:

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Julia Hanson:

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