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# Coaching Yourself To Leadership

**Chick Waddell**



## **Coaching Yourself To Leadership:**

Coaching Yourself to Leadership Ginny O'Brien, Virginia O'Brien, 2006 What would happen if a respected business coach gave you a new model for leadership that could help you achieve the happiness productivity and fulfillment at work you so desire It would change your life That's exactly what author Ginny O'Brien has done She's a certified business coach who draws on an approach she's used successfully for years in her practice to develop effective leaders It integrates competencies from three domains of leadership: self work and others and emphasizes both masculine and feminine elements of strength O'Brien's themes are authentic visionary emotionally intelligent an assertive communicator and connected to others through relationships and alliances are covered in depth in separate chapters Exercises tools and specific guidance are also provided to help you turn the information presented into everyday practices The purpose of the book is not to help you become the next Jack Welch being a great leader doesn't mean you have to get to the top Rather it is to provide you with practices and techniques that will transform you into a more positive authentic leader who can make work better for yourself and those you currently lead Sample topics Identifying values Getting to the core of you The dilemma of defensive behaviors Leadership and parenting The same skill set Dealing with people you don't respect Assertive vs aggressive Passive aggressive communicators The Alienators The art of asking powerful questions Managing your fear The problem with delegating perfection

**Self-Coaching Leadership** Angus I. McLeod, Ph.D., 2012-04-10 Generally leadership is about influencing people to make big things happen Management is a process of organizing people to get things done They are different skills but equally critical to success in today's workplace The key is to know which approach works best in which situation Written in a clear simple style Self Coaching Leadership redefines and demystifies the journey to leadership Angus McLeod's no nonsense thinking straightforward approach and practical tools enable readers to more easily identify when a leader is needed and coach themselves toward improved influence performance and effectiveness

*How to Coach* Jo Owen, 2013-08-27 Great managers do more than manage their teams They coach their teams to top performance They help everyone get better at what they do improving productivity boosting motivation and sharing knowledge and expertise How to Coach is the essential book for all managers and leaders It shows you how you can raise both your own performance and that of your team through well structured effective coaching that delivers impressive results In How to Coach Coaching Yourself and Your Team to Success you'll discover how to Get the best from your team by making them feel valued motivated and focussed on success Get the best from yourself by always playing to your strengths Solve the day to day problems that all managers face Develop successful coaching discussions for yourself and your team Avoid the typical traps of traditional coaching Deal with other people politics and your peers

**Coach Yourself: A Motivational Guide for Coaches and Leaders** Dan Spainhour, 2007-11-01 As coaches and leaders it is easy to focus so much attention on others that we can lose sight of ourselves Burnout fatigue and health issues are all too common

occurrences Coaching can be a tremendous amount of stress and sometimes if you're not in control of it problems arise Long hours poor eating habits loss of family time are just a few examples that can cause you to become out of balance This book is about maintaining a healthy balance I have had the opportunity to observe successful coaches and some not so successful I know coaches who love their job and some who hate what they do I've worked with people who were consumed so much that they never took a vacation and others who seemed to be on permanent vacation Coaches who are in balance and feel good do a better job The purpose of this collection is to provide you with an instrument to help you maintain proper balance and motivation

**The Personal Effectiveness Self-Coaching Handbook for Executives: Coach Yourself to Be The Best Version Of Yourself As A Leader That You Can Be** Neil Bierbaum,2019-08-15 THIS HANDBOOK is an executive coaching program in a book There are 12 chapters in the book just as there are 12 sessions in a standard coaching program In fact they're referred to as sessions in the book and there's a bonus chapter or session too It contains all the best coaching content and tools that the author has uncovered and or developed for his clients during fifteen years of practice all rolled up into a guided coaching program that includes coaching questions that you can ask yourself By following the session structure repeatedly you'll learn a process that you can continue to apply throughout your life So yes this book will set you free There are also various online contact points possible with the author so you'll never be alone The chapters or sessions are jam packed with clearly marked scientific references key concepts real life examples and exercises to do while reading The themes covered are Getting Motivated Know Yourself Personality Working with Values Your Power to Create Creating Agreement Story Skilful Conversations Working with Emotions The Red Zone The Flow State Decision The Habit of Completion Developing an Authentic Leadership Brand It's the perfect companion for anybody embarking on a leadership development journey especially if your aim is to develop high performance in yourself and your people and to make sure you all realise your full potential as human beings

**Coach Yourself!** Antonia Bowring,2023-09-18 Become the best version of yourself using these practical frameworks exploring the power of performance coaching from a Top NYC Executive Coach Coach Yourself is a guide for people who are committed to increasing their awareness about behaviors that aren't serving them at work or in the rest of their lives and then taking the necessary actions to move forward If you're ready to explore changing habits and behaviors to improve how you show up in work and life this book is for you With practical and accessible frameworks exploring the power of performance coaching Top NYC Executive Coach Antonia Bowring teaches readers to use her performance coaching formula increased awareness changed behavior flourishing individual and thriving work performance Bowring offers recipes frameworks and tools you can use to navigate the exhilarating and inevitably bumpy journey through your professional life You'll discover Foundational definitions and concepts including discussions about the different kinds of coaching the benefits they bring to the table and the processes they use The importance of your values and how they anchor your progress through your coaching journey Communication strategies used by the world's most effective

problem solvers and decision makers in the world While this will be an essential guide for professionals and leaders anyone can pick up this book and apply the frameworks to various aspects of their life The essence of coaching is that we have the answers inside ourselves and the role of the coach is to help us access our own answers Self as Coach, Self as Leader Pamela McLean,2019-05-14 Become a more effective leader by discovering the resources you already have Pamela McLean CEO and cofounder of the Hudson Institute for Coaching has been at the forefront of the field for the past three decades using clinical and organizational psychology to provide the highest quality coaching and development training to professionals in organizations and solo practice worldwide Now Pamela is teaching readers to cultivate their leadership potential through use of self as instrument a key dimension of developmental coaching that emphasizes the whole person Her holistic methods give coaches and other leaders a clearer framework for getting to know themselves exploring their multiple layers and fostering their latent abilities so that they can foster the abilities of others Self as Coach guides you along a path that interweaves six broad dimensions of your internal landscape into the fabric of great coaching This creates lasting improvements unlike more common remedial tactical or performance based programs which often only function as short term solutions Develop leadership skills using internal resources you already possess Achieve real improvements with long lasting benefits Based on methodology proven successful in business and personal settings Includes useful practices and exercises for self reflection and brainstorming Whether you re an emerging or experienced coach whether you want to grow your own leadership skills or develop them across an entire organization Self as Coach can help With its innovative approach proven methods and near universal applicability this book will not only provide effective instruction but also help you uncover lasting insights that will benefit you long after you ve turned the last page **Leading YOU** Brenda Bence,2016-11-19 Many executives overlook the single most critical aspect of leadership Have you The most important driver of overall success is your own self leadership Without it your career may stall Why Because how you lead yourself directly impacts your ability to lead others and that in turn can prevent you from reaching your full career potential Self leadership It begins and ends with YOU In Leading YOU The power of self leadership to build your executive brand and drive career success Senior Executive Coach Brenda Bence reveals the 15 most damaging self leadership behaviors she regularly sees in her practice She then provides you with dozens of tips and techniques you can immediately apply to correct or improve these behaviors Packed with real life executive coaching case studies from around the globe this book will help you Strengthen your Executive Presence and build an outstanding leadership brand Quit acting like a victim of your calendar your time and the system Utilize powerful mind management techniques to stop limiting behaviors Learn how to successfully manage up to bosses and across to peers Promote yourself without bragging to help you gain visibility and the job you want Successfully influence others even if you don t have an official title or authority Leading YOU not only cuts to the core of what s needed for effective self leadership but it s also the only book to identify and explain the relationship between self leadership and a winning

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**Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life** Howard M. Guttman, 2010-10-13 A proven process for changing the way you behave used by a renowned executive coach for more than 25 years Are you able ready and willing to permanently change your behavior Permanently replacing deeply ingrained behaviors with new ones is one of the hardest challenges to overcome But in Coach Yourself to Win master executive coach Howard Guttman combines his own expert insight and deep extensive coaching experience to create a step by step process that you can follow to change the behaviors that have been holding you back from what you truly want Unlike many self help books offering advice on how to improve either your career or your personal life Coach Yourself to Win bridges the two worlds in order to help you improve your performance whether you re earning your living or living your life Coach Yourself to Win is written for the vast number of people who seek to create a new future for themselves To help you achieve breakthrough performance on the job and in your life you will learn to master a practical tested self coaching process that will enable you to Clarify set and stay committed to realistic intentions Zero in on what holds you back Find the support you ve been lacking Develop a path for change Evaluate yourself along the way Make necessary corrections to your plan Realize your intention to achieve a new you Coach Yourself to Win provides an easy to follow seven step plan that will generate lasting positive change in your professional and personal life To help you implement the plan Guttman provides a dedicated Web site [www.coachyourselftowin.com](http://www.coachyourselftowin.com) where you will find all the supporting materials you will need as you go through the process because you are the key to the happy ending you desire

**Mastering Your Life Through Self-Coaching** Marc Hildebrand, 2022-01-20 You might want to take control of your health spend more quality time with your family and develop your leadership skills so you can confidently help others but you re unsure how to do that with all the stress from your career and the demand on your time You might feel like you re constantly stuck in your head beating yourself up or feeling like an imposter which causes you to feel overwhelmed and lack self confidence Or maybe you want to be an exceptional leader at both work and home so you can make the kind of impact you really want to make If so you sound very much like I did I wanted to not only feel successful I wanted to be significant Not just at work or home but both Create a legacy sort of thing But I was messing it all up Sound like you too If so chances are you re asking yourself if that s even possible for you I want you to know this is not the way it needs to be and it is possible for you This book was created after helping thousands of others in our crazy career turn it around just like it helped me Discover the framework we used to get

into incredible shape connect better with our family develop our leadership and manage our time without taking away from the other important areas of our lives Dive in it s time for you to get some help and become a MASTER at self coaching too

### **Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life** Howard

Guttman,2010-09-20 A proven process for changing the way you behave used by a renowned executive coach for more than 25 years Are you able ready and willing to permanently change your behavior Permanently replacing deeply ingrained behaviors with new ones is one of the hardest challenges to overcome But in Coach Yourself to Win master executive coach Howard Guttman combines his own expert insight and deep extensive coaching experience to create a step by step process that you can follow to change the behaviors that have been holding you back from what you truly want Unlike many self help books offering advice on how to improve either your career or your personal life Coach Yourself to Win bridges the two worlds in order to help you improve your performance whether you re earning your living or living your life Coach Yourself to Win is written for the vast number of people who seek to create a new future for themselves To help you achieve breakthrough performance on the job and in your life you will learn to master a practical tested self coaching process that will enable you to Clarify set and stay committed to realistic intentions Zero in on what holds you back Find the support you ve been lacking Develop a path for change Evaluate yourself along the way Make necessary corrections to your plan Realize your intention to achieve a new you Coach Yourself to Win provides an easy to follow seven step plan that will generate lasting positive change in your professional and personal life To help you implement the plan Guttman provides a dedicated Web site [www.coachyourselftowin.com](http://www.coachyourselftowin.com) where you will find all the supporting materials you will need as you go through the process because you are the key to the happy ending you desire

*The Heart of Leadership* Robert E. Staub,2002 In the new and revised edition of *The Heart of Leadership 12 Practices of Courageous Leaders* author Robert E Staub lays out an articulate inquiry into and explanation of critically essential aspects of effective business leadership These include competency intimacy integrity and passion Articulate educative ardent and inspiring Staub offers a thoroughly reader friendly and practical presentation that is very highly recommended for anyone charged with an entrepreneurial or business management responsibility from the smallest company to the largest international corporation Leading requires that we offer strategic guidance by understanding and communicating the purpose for which the team or company stands It also requires the courage to respectfully confront anyone including ourselves when actions do not align with that purpose Leaders can transform companies by focusing on the critical link between results and relationships Wholehearted leadership can transform a good company into a great one Learn how to create meaningful relationships in and outside the workplace

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**The Leadership Handbook** Will Clark, 1991

**Leadership Your Way** Kim H. Krisko, 1995

Leadership Your Way explores ten leadership initiatives that every successful leader performs. From reading this book, you will learn to leverage natural strengths, manage weaker areas, and play the hand you're dealt, maximizing your own leadership style. Kim Krisko puts you in touch with your own innate interpersonal style. He provides personalized coaching that enables you to comfortably and naturally put each leadership initiative into play to achieve business success and personal fulfillment.

**We Can Lead: A Guidebook of Personal Leadership and Self-Coaching** Chandan Lal Patary, 2020-07-18

Coaching to Win Chick Waddell, 2000-04

Business growth book to help managers become coaches

*How to Coach Yourself* Mark J. Nugent, 2012-04

How to Coach Yourself is a collection of the best of my blog Pearls of Leadership Wisdom. In this book, I use my 25 years of business experience to offer simple, effective, and implementable strategies for success in life and work. I cover the three critical areas that will make the difference to you: ACTION, KNOWLEDGE, MINDSET.

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Coach Yourself to Win, 2017

**Coaching Ideas & Ideals** Arthur J. Gallon, 1980

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