

The Coaching habit by Michael Bungay Stanier

Warm-Up Activities

1

In pairs, students should discuss a time when they needed help or advice. Each student will have one minute to describe their situation and the kind of support they sought. After sharing, they should reflect on whether asking questions could have improved the conversation.

2

Prepare a list of various common coaching scenarios (e.g., a colleague struggling with a project, a friend deciding on a career change). Divide the class into small groups and assign each group one scenario. They should brainstorm at least three questions they could ask to encourage the person to think deeper about their situation. Each group will then share their questions with the class.

3

Display the quote, "The best way to help someone is to ask them what they need." Ask students to reflect silently for a minute, then share in small groups how this approach might differ from giving unsolicited advice. After discussions, invite some groups to share their insights with the whole class.

True/False Answers

1

b

2

c

3

c

4

d

5

b

Comprehension Questions

1

The goal of the book "The Coaching Habit" is to help people talk less and listen more in order to become better coaches.

2

Asking questions instead of giving answers helps in coaching by allowing people to find their own solutions and think for themselves.

3

The first question introduced in the book is "What's on your mind?", and it is important because it opens up the conversation and allows people to share their thoughts.

4

Asking the question, "And what else?" during a conversation is helpful as it encourages people to keep talking and explore deeper ideas or solutions.

5

The question, "What's the real challenge here for you?" helps people focus on the main issue and prevents them from getting lost in details while solving problems.

6

Asking, "What do you want?" is important when coaching someone as it encourages them to be honest about their true needs and goals.

7

Asking, "If you say yes to this, what are you saying no to?" can help people make better decisions by making them consider the consequences of their choices and prioritize what is most important to them.