

The Coaching Habit by Michael Bungay Stanier

True/False Questions

1

What do people need to do to become better coaches?

a

Give answers quickly

b

Ask good questions

c

Solve problems for others

d

Talk more than listen

2

Which of these questions helps people share their thoughts and feelings?

a

"What's the real challenge here for you?"

b

"How can I help?"

c

"What's on your mind?"

d

"If you say yes to this, what are you saying no to?"

3

What is the purpose of the "AWE Question"?

a

To make people feel respected

b

To help people focus on the main issue

c

To encourage people to keep talking

d

To help people understand their true goals

4

Which question reminds people that they cannot do everything?

a

"What do you want?"

b

"What was most useful to you?"

c

"What's on your mind?"

d

"If you say yes to this, what are you saying no to?"

5

How can people make coaching a habit, according to the book?

- a
By becoming a manager
- b
By practising the questions every day
- c
By improving their listening skills
- d
By avoiding giving answers too quickly

Comprehension Questions

- 1
What is the goal of the book "The Coaching Habit" by Michael Bungay Stanier?
- 2
How can asking questions instead of giving answers help in coaching?
- 3
What is the first question introduced in the book, and why is it important?
- 4
Why is it helpful to ask the question, "And what else?" during a conversation?
- 5
How does the question, "What's the real challenge here for you?" help people focus on problem-solving?
- 6
Why is it important to ask, "What do you want?" when coaching someone?
- 7
How can asking, "If you say yes to this, what are you saying no to?" help people make better decisions?

Discussion Questions

- 1
Have you ever helped someone solve a problem?
- 2
What do you think makes a good coach?
- 3
Do you like to listen to others when they talk about their problems?
- 4
How do you feel when someone asks for your help?
- 5
Can you remember a time when someone asked you a good question?
- 6
What is important to you when talking with friends or family?
- 7
Do you prefer giving advice or asking questions?
- 8
How can we show that we care when someone shares their thoughts?
- 9

Why do you think listening is important in conversations?

10

What do you want to learn from talking to others?