

First Class Coach

Helping Others Soar to Success

A Leadership Team Activity

Michael Brandwein



Please think about a time in your past when someone successfully and positively coached or guided you to get much better at something that was important to you.

This should be a situation where you got to a higher level of performance and were comfortable and happy about the experience.

Now please jot down some responses to these questions:



- What was the skill or thing you learned to do better?
- Who was the person who helped you?

Why was this experience successful for you? What was it about the way the person spoke or acted that made them effective at guiding or coaching you? Please come up with as many specific examples as you can. When we're done, we will try to list as a group what we consider to be the essential elements of an outstanding coaching session and the specific things to say and do to produce those elements. Thank you!