

Summer Book Review

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During one of my twitter scrolls, I came across a great twitter chat led by the FCPS leadership development team. The chat centered around the book *The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever* by Michael Bungay Stainer ([@mbs_works](#)). I immediately got a copy and devoured the book.

The book centers around 7 essential questions to ask yourself as you coach others. Each question allows the coach and the mentee time to reflect and reform their practices.

I enjoyed the book's focus on taking the brave step forward to ask a question, rather than just trying to offer solutions. As Nancy Willard says, "Answers are closed rooms: and questions are open doors that invite us in." So rather than "rescuing" someone by providing the solution, utilize questions to help them figure out the solution themselves with you as their support. Through the use of questions,

both the coach and the mentee are able to grow their knowledge and find unique solutions together rather than on a one way track.

If you are interested in learning more, grab a copy! Happy reading!