

# The Coach Model For Christian Leaders

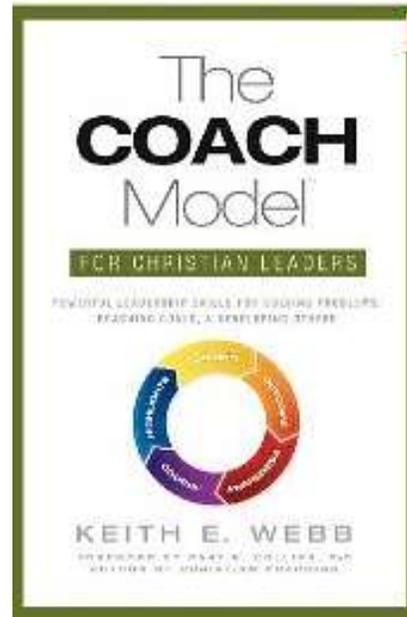
By Keith E. Webb

★★★★★ (5 stars)

*Buy this book if you:*

- *Are new to the coaching model, and want an easy to follow introduction to coaching.*
- *What an easy to remember model for coaching.*

In *The Coach Model*, Keith Webb introduces a five-step process powered by questions. Dividing his model based on the acronym C.O.A.C.H. he pairs each step with question asking techniques that will, as Keith states, “equip you to ask powerful and helpful questions.”



The five steps of Keith’s model include the following:

1. **C = connect.** Building rapport and trust with the person you are talking to and following up on action steps from previous meetings.
2. **O = outcome.** The intended results the coachee would like to achieve during the conversation.
3. **A = awareness.** Reflective dialogue intended to produce increased perspective for the coachee.
4. **C = course.** Helping the coachee create action steps.
5. **H = highlights.** Reviewing the parts of the conversation that the coachee found most meaningful to reinforce insights and strengthen learning.

This book is well written, interesting and easy to read, starting out with Keith’s admission of being affected by know-it-all-ism and the Holy Spirit’s leading him to coaching and the power of asking questions as the cure. The core of the book looks at each of the five steps in the COACH process, how to follow up with people re. their action steps, gives some great advice on coaching others and ends looking at next steps for the person who wants to further develop their coaching ability.

## What You’ll Learn

1. The importance of a foundation of trust and rapport in a coaching relationship.
2. The importance of allowing the coachee to determine the results they want out of the coaching relationship.

3. How to use reflective dialogue to help a coachee gain new insights.
4. The basics of helping the coachee create action steps that are S.M.A.R.T.
5. How to follow through on action steps with a coachee.

### **Summary**

Peppered with personal experiences, and example dialogues this book is an excellent resource for a person who is new to the coaching paradigm, or for the experienced coach who wants a new framework (the C.O.A.C.H. model) to work with. It is an excellent foundational resource that a coach can build on through other workshops, training and certification programs and coaching literature—and practice.

*Reviewed by David Yeazell, Life Coach and Org. Dev. Consultant*