



Being Coached: Group and Team Coaching from the Inside

Ann V Deaton, Holly Williams

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Have you ever been coached? In a group or in a team? If you could observe a group coaching session, would you get the full picture? Being Coached is not a how-to manual, nor is it narrowly focused on the role of the coach. In fact, the coach's touch is light. Breakthroughs occur when leaders are in the middle of leading, engaging in peer coaching, or even in quiet reflection. Written from the multiple viewpoints of eight leaders in a group coaching program and six executives on a leadership team, Being Coached illustrates how creating a learning community promotes growth by making space for vulnerability and risk-taking. Simply put, it answers the question, "What is being coached like?"

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