

takeaways



The next time
resistance shows up in
your coaching, pause before
you push against it.
Get curious about what's
beneath it.

Elena Aguilar,
p. 58



Trust is not
simply the outcome of
effective coaching; it is
the condition that allows
coaching to spread beyond
one conversation and
influence an entire
organization.

Shervita L. West,
p. 10



Rather than ending
coaching interactions with a
closing statement, keep the
door open and push toward
impactful work.

Chrissy Beltran,
p. 46