

Videos links

as a basis for further discussions of concepts presented in the concise textbook *Developing Coaching Skills* by Dietmar Sternad (published 2021 by econcise)

Chapter	Video link	Duration	Short description of contents
1	https://youtu.be/Yi367FBm8Ik	02:19 min	Experienced coaches provide definitions of coaching and reasons for coaching
1	https://youtu.be/rITJeAlvTxY	06:46 min	Example of a life coaching session
1	https://youtu.be/xIm1E38yPTE	05:47 min	Example of an executive coaching session
2	https://youtu.be/6f3X2PEsV-Q	07:08 min	Example of a coaching conversation that follows the GROW model
2	https://youtu.be/u3CITzWinkg	13:13 min	Example of a coaching conversation that follows a cognitive behavioral coaching approach
3	https://youtu.be/jjE0tdXCQRM	09:11 min	A discussion with accredited supervisor and master coach David Leeper about the process of coaching supervision
4	https://youtu.be/y6dilUTrq4A	11:38 min	ICF credentialed mentor coach Walt Hastings explains the nature of powerful coaching questions (including questioning mistakes)
4	https://youtu.be/xW3n34BYPmg	02:56 min	A short overview of what active listening means
4	https://youtu.be/0tTzgPKg9m8	02:24 min	Master coach Bettie J. Spruill explains how she approaches the task of active listening
4	https://youtu.be/to73DYQkApQ	09:19 min	Example of a coaching session in which the coach helps the coachee understand another person's perspective
5	https://youtu.be/5hHGd-Qh5aI	03:02 min	NYT bestselling author Angela Duckworth explains how having a goal hierarchy can help people achieve their long-term ambitions

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