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Sample Company Coaching Guidebook

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Name: Doe, John T.

improve on t		aching suggestions as needed to help this person e improved. Customize them to fit the circumstances		
	Style Coaching Suggestions (p. 7) People Coaching Suggestions (p. 8)	Problem Solving Coaching Suggestions (p. 9) Mental Toughness Coaching Suggestions (p. 10)		
1. John's Work Style:				
→	Encourage him to manage his work pace can	w, deliberate work pace and may have limited stamina. refully so that he has enough stamina and reserves of he job. Help him also by encouraging him to evaluate hat may be limiting his energy level.		
	opinion or approach is best. He may listen is are talking about, but without that credibility instances that did not go well after he has fo others as "teaching moments." Encourage h coaching from others, separate from his opin information from the coaching.	s not easily coached; he tends to believe that his nore willingly to people that he feels know what they y, he will tend to dismiss advice from others. Use llowed his own judgment rather than good advice from im to take an extra moment to consider advice and ion of their credibility, and then to extract the useful		
⇒	such that he may not always think through the Encourage him to think through the consequ analysis of the reasons in favor of, and again the benefits that he expects. Help him learn	fers the Familiar: He values change for its own sake is usefulness or consequences of actions that he takes. ences of his actions by requiring him to present an st, the change or action that he proposes, along with to see where his analysis may overlook difficulties or so that he can learn to make more realistic proposals		
⇒	facts and details in his work. This is such a problems as if they were new each time, rath situations. Helphim learn to put problems i	k style is characterized by a strong focus on specific strong preference that he may end up solving similar her than seeing overall patterns in the same types of n context by requiring him to explain his plans in to look for patterns in problems to help him see the ut details in perspective.		
•	He uses restraint effectively. Unusual impu	e will usually be neither too rushed nor too deliberate. Isiveness may be a signal that stress in some area is attern of impulsive behavior, bring it to his attention nation more effectively.		

→ Quick Thinking vs. Needs Extra Time and Guidance: A major strength of his work style will be his ability to learn quickly. He will enjoy mental challenges. He enjoys seeing all sides of an issue but may spend so much time thinking about possibilities and potential outcomes that he misses the moment when action must be taken. He will be most effective when he is given deadlines and the real-time limits within which decisions must be made to help him manage his tendency to over-think things. In addition, coach him to be patient with people who learn more slowly than he does.

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