

Quotes on Coaching

“The Coach’s main role deals with expanding the ability to see contexts, rather than supplying content. The person being coached then sees new ways to utilize existing skills.” (Julio Olalla)

“Skillful cognitive coaches apply specific strategies to enhance another person’s perceptions, decisions, and intellectual functions. Changing these inner thought processes is prerequisite to improving overt behaviors that, in turn, enhance student learning.” (Art Costa and Bob Garmston)

“A Coach is someone who tells you what you don’t want to hear so that you can see what you don’t want to see so that you can be what you’ve always wanted to be.” (Tom Landry)

“Masterful coaches inspire people by helping them recognize the previously unseen possibilities that lay embedded in their existing circumstances.” (Robert Hargrove)

“What coaching does is to expand the space of infinite possibilities that someone is - an expansion that requires an external interventions (coaching) to take place. Coaching allows the coachee to observe oneself as a self, to acknowledge the narrowness and limitations of that self, and to expand that self beyond its boundaries, beyond the horizon of possibilities available to the coachee’s own intervention.” (Rafael Echeverría)

“The process of coaching requires both backbone and compassion. The coach must be courageous enough to be gently irreverent with the client to test the client’s view of the world. However, coaching can work only when the coach cares deeply about the client and is able to cast aside his own ego to support the client’s efforts.” (Patricia McNeil and Steve Klink)

“A masterful coach is a leader who by nature is a vision builder and value shaper, not just a technician who manages people to reach their goals and plans through tips and techniques. To be able to do this requires that the coach discover his or her own humanness and humanity, while being a clearing for others to do the same.” (Robert Hargrove 18)

“Coaching is the art of creating an environment, through conversation and a way of being, that facilitates the process by which a person can move toward desired goals in a fulfilling manner.” (Tim Gallwey, 2000, p. 177)

“A Coach is someone who (1) sees what others may not see through the high quality of his or her attention or listening, (2) is in the position to step back (or invite participants to step back) from the situation so that they have enough distance from it to get some perspective, (3) helps people see the difference between their intentions and their thinking or actions, and (4) helps people cut through patterns of illusion and self-deception cause by defensive thinking and behavior.” (Robert Hargrove)