



Praise for
The Mindful Coach: Seven Roles for Helping Others Grow
by Doug Silsbee

DOUG SILSBEE, PCC

“Success in business is predicated on eliciting the best from people. *The Mindful Coach* clearly articulates the essentials of how to do this. As someone who believes deeply in the potential of all people, I found Silsbee's approach both practical and profound. This is a must-read for everyone concerned with people and learning.”

Arthur M. Blank

Philanthropist; Co-founder, The Home Depot; and Owner & CEO, Atlanta Falcons

"*The Mindful Coach* takes the meaning of "coaching" well beyond popular models into a deeply integrated practice of intentionality and professionalism at their highest levels. This book is bound to improve the quality and effectiveness of coaching for all who apply the wisdom contained in these pages."

James Michael Burke, Ph.D.

Director; Performance Management Group, Virginia Commonwealth University

“*The Mindful Coach* is warm, sensitive and intuitive, while at the same time clearly written by a scientific mind. The book provides a simple and cohesive model for the development process, coupled with practical strategies on how to become a more conscious practitioner. Thank you.”

Alejandro Bolaños, PhD

Consultant, Central America

“The development of people is a key competency for business leadership. *The Mindful Coach* provides an inspiring and practical roadmap for developing masterful coaching skills on-the-job. This refreshing work showcases coaching in a new light.”

Karen Wunderlin

Consultant, former Executive/Marketing, GE Appliances

“Doug's analysis of the coaching process is clear and intuitive. Its simplicity allows it to be easily used, yet it's rich in detail, making it a powerful analytical tool for the professional. Wrapped in a holistic framework that accounts for the coach, the client, and the process of coaching, it will enrich the insight and practice of every interested reader.”

Christopher C. Dennen, Ph.D.

President, Innovative Healing Inc.



“Doug Silsbee has written a useful book for anybody facilitating the growth and development of individuals and groups. His approach reaches deeply into human consciousness and experience where meaningful change and growth occurs.”

Harrison Owen

Author, *Open Space Technology*

“The tools of coaching that Silsbee outlines, with an emphasis on mindfulness and service, provide the fundamental basis for holistic and integrative physicians to work with patients. My own practice of medicine has benefited greatly.”

Patrick Hanaway, M.D.

President, American Board of Integrative Holistic Medicine

“*The Mindful Coach* captures the very essence of what coaching can be. Silsbee marries the art and science of human dialogue, of compassionate listening and advice giving without creating dependency. He guides the reader gently through the seven distinct roles of a true helping relationship. This is a process to be internalized at a deep level and lived every day.”

Rod Napier, Ph.D.

Professor, Consultant, Author, *The Courage to Act* and ten other books

"This book has broad appeal not only for coaches, but for managers, executives, and consultants. Leaders of all kinds can benefit from Silsbee's clear and caring process for bringing out the best in people. This is a must read book for anyone who wants to jump start themselves and others on their journey to their potential."

Diana Whitney, Ph.D.

Author, *The Power of Appreciative Inquiry*

“A clear and integrated model to assist people in understanding and applying the important skills in mindfulness and coaching. Executives from diverse backgrounds will find *The Mindful Coach* an insightful and practical guide.”

Hannah S. Wilder, PhD, MCC

Executive Director, Advantara Global Executive Learning and Coach Education Institute

--

“In serving others, we can get overly focused on specific strategies or tactics and lose perspective of the larger, broader dynamic. *The Mindful Coach* delivers on clarifying, organizing, and contextualizing what it really means to be involved in a coaching relationship.”

Joe Jotkowitz

President, Essessnet



“***The Mindful Coach*** is not just another coaching model. It is a frame of reference for anyone involved in developing people. This highly readable book should serve as a reference for anyone genuinely concerned about helping others. It has had a significant impact on the way I approach coaching and developing others.”

James N. Bassett, M.Ed.

Employee Development, Institute of Nuclear Power Operations

“I loved this book! ***The Mindful Coach*** is personal, spiritual, systematic and insightful. This is mandatory reading for anyone who has the responsibility of helping others learn and develop. My trainers will all be receiving a copy. This is Thich Nhat Hanh meets Stephen Covey!”

Barbara Fulmer

Former Director of Training, Jenny Craig International

“Coaching is a profession for some and a necessity for many. All of us who lead, manage or teach are often in the role of the coach, whether we think about it that way or not. ***The Mindful Coach*** provides a framework that works for the professional coach as well as the everyday manager. Silsbee has created *the* holistic guide to coaching.”

Bill Coleman

Senior VP/Compensation, Salary.com

“In his hands-on new book, ***The Mindful Coach***, replete with artful and challenging exercises, Doug Silsbee models the mindfulness depth from which he springs in order to impart a valuable new coaching model based on professionalism, integrity, and dedication to service.”

Maggie Lichtenberg

Professional Coach

“***The Mindful Coach*** is a book that anyone who is serious about coaching must read. It is comprehensive and compelling and will give you insights that will help you be the best coach you can be.”

James A. DeSena

Author, *The 10 Immutable Laws of Power Selling*

“***The Mindful Coach*** goes far beyond coaching steps and models, offering a path for coaches to work more deeply and authentically to guide their clients to significant new results.”

Marcia Reynolds, PsyD

Author, *Outsmart Your Brain: How to Make Success Feel Easy*

and past president of the International Coach Federation



“*The Mindful Coach* digs deeply, offering a lens and structure for understanding the intimate and necessary connection between relationships and human development. No other skill set, knowledge, or awareness is more important to educators, leaders, and managers than what is presented in this precious volume.”

Robert C. Pianta, Ph.D.

Dean, Curry School of Education, University of Virginia

“As an executive, educator, and coach, I have found the seven “voices” of Doug Silsbee’s Septet Model to be an invaluable tool in each of my many leadership roles. By focusing on where my associates, my students, and my clients need me to focus, I’m able to deliver to them, and grow myself at the same time.”

Kelly Bean

Assistant Dean, UCLA Anderson Executive Education

“Doug has a wonderful way of “unpacking” what coaches do, spotlighting critical elements of this challenging work and shining an even brighter light on the *being* of coaching. I urge you to jump into this rich, thoughtful book!”

Ann F. Fisher

Managing Director; Integral Coaching International, Shanghai

“This is THE guide for leaders committed to helping others learn. The seven roles will help any leader facilitate more meaningful development conversations. This new edition engaged me right away, with immediate applications in key relationships.”

Darelyn “DJ” Mitsch, MCC

President, The Pyramid Resource Group; former President of The International Coach Federation

Doug Silsbee is a leadership coach, author and master teacher in Asheville, NC. His most recent book is *Presence-Based Coaching*. More information on Doug’s work is at <http://dougsilsbee.com>. Inquire at ds@dougsilsbee.com or 828-254-2021 for a free consultation.