

IMPACT By Coaching



July 2009

Invest In Yourself – Read A Book

How often do you read a book from cover to cover? If you are like me, you have different types of reading. Scanning email is very different than reading reports or articles in professional journals.

Reading a new business book may be different than the book you take to read at the beach. Whatever your book reading style is, here are some tips to help you get the most of your book reading.

1. **Read the books you buy.** Books sitting on the shelf don't provide much value if you don't open and read them. If you haven't cracked them and a year or more has gone by, consider donating to the local library.

2. **Choose one book at a time** so you won't get overwhelmed. Business? Mystery? Spiritual? Hobby? Pick one, find a comfy spot, and read on!

3. **Make time to read.** Set aside an hour or more a week to read and implement new ideas. Sunday mornings work best for me. It's a slower pace and I find a cup of coffee makes it special.

4. **Make a point of going back to books a month or so after you've read them.** You'll be surprised at how much you've been applying and the steps that you're ready for now. If you highlighted or marked passages, read those first.

5. **Use each book like a workbook.** End of chapter summaries often provide techniques and suggestions – try them! Think about what you are reading. Talk about it to others. Share what you've learned and become the “mentor/coach”.

6. **Focus on concepts.** Choose one or two things to try and put them into practice before you add something else. Slowly, grasshopper, slowly.

7. **Get out of your comfort zone.** Take time to think though new concepts and ideas. Share them with others and create new conversations. If there is enough interest, encourage others to read

This article has 539 words and should take 4.0 minutes or less to read. A small price for knowledge!

the same book and form a discussion group.

8. **Look for similarities and differences.** If something in a new book seems to conflict with your values, challenge yourself to articulate exactly what the problem is or discuss with your coach or friend. Be open to new ideas while staying true to your values.

9. **You may not always agree.** When you disagree with the author; look for a bigger context, a better solution, a truer direction. Read as though you are in a juicy conversation. You will be amazed at the nuggets of gold that open up to you.

10. **It isn't “gospel”.** Authors express their ideas, beliefs, values, problems, and solutions from their point of view. You are not obligated to believe that the author is right; but see it as an invitation to develop critical thinking skills.

Read with a goal to learn something new and invite others to join a conversation to enlighten and learn.

Suggested Reading – see next page!

“We are changed by what we read. Close that book, and you are not the same person anymore. Because of what you just read, your worldview--your understanding, your compassion for others, your ability to engage intelligently with others--has expanded a little. Books help us grow...”
~~Pat Williams

Contact Sherry Greenleaf, RCC for Registered Corporate Coach Training, Leadership Development, and DiSC Train the Trainer programs at 440-899-9010 or sgreenleaf@impact-dev.com.

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Suggested Reading



Coaching for Leadership: The Practice of Leadership Coaching from the World's Greatest Coaches (J-B US non-Franchise Leadership) by Marshall Goldsmith and Laurence S. Lyons (Hardcover - Oct 19, 2005)



On Becoming a Leadership Coach: A Holistic Approach to Coaching Excellence by Christine Wahl, Clarice Scriber, and Beth Bloomfield (Hardcover - Aug 19, 2008)

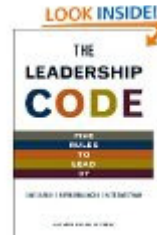
Seeds of change:

**"Live as if you were to die tomorrow.
Learn as if you were to live forever."**

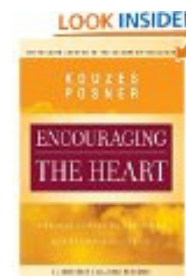
— **Mahatma Gandhi:** Was an Indian political and spiritual leader

"An investment in knowledge always pays the best interest." — **Benjamin Franklin**

Suggested Reading



Leadership Code: Five Rules to Lead By by Dave Ulrich, Norm Smallwood, and Kate Sweetman (Hardcover - Jan 8, 2009)



Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others by James M. Kouzes and Barry Z. Posner (Paperback - Jan 21, 2003)

Seeds of change:

"Genuine leadership comes from the quality of your vision and your ability to spark others to extraordinary performance."

— **Jack Welch:** Former General Electric chairman and CEO.