

Search Inside Yourself By Chade-Meng Tan

This book was recommended to me by one of the graduates of our level 5 Coaching qualification, Kirsty Morgan. Kirsty is a huge advocate of mindfulness and it is easy to see why this book resonated so powerfully with her.

Though not a book about coaching per se, this is actually one about the importance of mindfulness in developing emotional intelligence. Based on a transformational course Meng developed for the Google University with the same name, the author's aim was to give the programme away as one of 'Google's gifts to the world!' He lays out a tried and tested pathway for the application of emotional intelligence.

Based on 3 steps of attention training, self-knowledge and mastery, and creating useful mental habits, the book works through a number of techniques that could also be useful for coaches to work through with their coachees.

In addition, it reminds us of some well researched theories from Friedrickson's work on positive emotions and Gottman's on the magic ratio of positive to negative interactions through to some lesser known ones such as David Rock's SCARF model to expand one's influence, such a common challenge for many coachees and practical tips on mindful emailing and preparing for difficult conversations.

Though you may not wish to try them all, the practical activities at the end of each chapter prove to be a valuable way for bringing each topic to life and experiencing how they may be useful in your interactions with coachees.



Reviewed by Sharon Klein