

Being an Effective Listener as a Coach

Transcript

Appearing

In order of appearance:

1. MAJ David Stephens
2. LCDR Peter Kensworthy

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Transcript details

- MAJ David Stephens What does it mean for you to be an effective listener as a coach?
- LCDR Peter Kenworthy Effective listening is a really important skill for a coach. there's a great little quote from Simon Sinek when he talks about, "not listen to hear, but listen to understand". And I think that's what we need to do as a coach. So effective listening is, putting any unconscious bias that you might have as a coach aside. It's making sure you got the right environment, so you haven't got any distractions happening while you're having coaching sessions.
- LCDR Peter Kenworthy It's also about not solutionising or, you know, thinking about that, 'Well, I've been there before and I've done this.' Because you're not listening when you're thinking about those solutions.
- MAJ David Stephens It can be tempting to jump into that solution sort of mindset. How do you like, personally as a coach, how do you manage to sort of not take that on, especially someone in the military who might be very used to coming up with solutions?
- LCDR Peter Kenworthy Yeah. So I think that's part of using a little bit of, mindfulness and actually staying in the moment, with the coachee and, just really concentrating on getting the full story that, they're actually telling you.
- LCDR Peter Kenworthy So if you happen to have a little thought that comes in, 'Hey Peter, you should do this.' You need to say, 'Thank you, Thanks very much thought, But I'm concentrating on what the coaching counterpart is actually telling me.'
- MAJ David Stephens Thanks, Peter.

