

Coaching Insights with CHAP Adrew 'Red' Taylor

Transcript

Appearing

In order of appearance:

1. MAJ David Stephens
2. CHAP Andrew 'Red' Taylor

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Transcript details

- MAJ David Stephens Red, what are your top tips for coaches out there?
- CHAP Andrew 'Red' Taylor Yeah, Dave, I'm glad you asked. It's a good question. The first one for me, I think, that was very helpful when I first started coaching, was the metaphor of the personal trainer. And so when it comes to a coaching session, I have to be letting the counterpart do the work. If I'm a personal trainer and I go to the gym and I instruct, somebody that I'm training on how to do something, and then I lift all the weights for them, they get zero benefit, and I get tired. And so the analogy or the metaphor, that idea of letting them do the work and coming in with that mindset was very helpful. So that's the first tip, that was helpful for me.
- CHAP Andrew 'Red' Taylor The second one is to kind of trust the process. So it's a process that we kind of work through as we work in a session with a counterpart. And as we trust the post process, there's always these nuggets of gold that just land. These little light bulb moments, these epiphanies that happens for the counterpart, and so as you trust the process. Look for the light bulb moment or the nugget of gold. And then seek to support and reinforce that.
- CHAP Andrew 'Red' Taylor The third one or the final one is, is actually a little bit different, again. It's a bit more of a practical one for me. And that is, don't forget to book your next session at the end of the session when you finish. So if you're dealing with lots of counterparts and you don't do that, you can blow things out. So for me, I just try to lock in our next meet, subject to change, of course, but lock in the next meet. When I finish up the session.
- MAJ David Stephens Great. Thanks for that. And tell me, what does success look like for you as a coach?



- CHAP Andrew 'Red' Taylor That's another really good question, because, I think the challenge with a question like that is, to what degree am I thinking success is about what I've achieved, you know, am I trying to read the response that the person has had, and therefore I feel good because they've been helped. And so I've got to kind of flip that.
- CHAP Andrew 'Red' Taylor So for me, I think success is actually tied up with, what has happened for the counterpart. What benefit have they got out of it? Remembering that it's not all about me. It's actually about them. And tied with that success for me is just trying to have a curious mindset. So curious about what they have learned and where they've grown.
- CHAP Andrew 'Red' Taylor And that helps my asking of questions and my engagement with them.
- MAJ David Stephens Great. And tell me, what does it mean, to you to be an effective listener?
- CHAP Andrew 'Red' Taylor That's another really good question. I think listening for me is hard because, we are not only listening for what they say, but we're formulating our responses as we listen. And so for me curiosity actually helps with listening. So what do you mean when you say that? Tell me more about that.
- CHAP Andrew 'Red' Taylor And that forces me to go deeper and deeper with what's going on for the counterpart, rather than interjecting with, "Oh, well, that's a very good point. And I think this," I'm trying to be curious about where they're coming from, what's going on for them. And, and reflecting back, looking for those, those non-verbal cues, the nods. And then I know I've got it. Yeah.
- MAJ David Stephens Thanks Red.

