



# The Practical Coach

*Anthony Connolly*

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## **The Practical Coach** Anthony Connolly

We all have the best of intentions when it comes to developing the skills of our team members but the reality is that the demands of our everyday jobs and personal lives can make it very difficult to find the time to coach. The Practical Coach introduces an easy-to-implement coaching framework known by the acronym MOST™. MOST stands for the four phases of the coaching framework; Map, Order, Structure and Track. The MOST coaching framework provides a step-by-step approach to focus your coaching efforts in the areas that drive consistently better results. The Practical Coach begins with an example of the struggles associated with coaching as evidenced by a woman named Laura. In subsequent chapters, you'll learn everything you need to know about how to use MOST, complete with detailed examples. The closing chapters discuss how best to implement MOST in your organization, provide a summary of key takeaways and conclude with a resolution of the coaching issues faced by Laura. The Practical Coach is for anyone involved in coaching who believes in the value of simple and effective solutions.

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