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Lynne Cooper, Mariette Castellino
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Lynne Cooper and Mariette Castellino



The Five Minute Coach is an essential approach for busy managers and internal coaches who need to make a difference fast.

Mike Coker, Global Lead for Talent and Learning and Development, Capgemini Infrastructure Services

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4 of 4 people found the following review helpful. Highly RecommendedBy NuminousOne of the challenges of Clean Language is that it has a lot of moving parts and can get quite deep, quickly. The beauty of this book is that it dramatically eases the learning curve and creates a practical, effective application of Clean Language that's simple - anyone can use the tools in this book. Further, the authors accomplish this without losing any of the powerful impact that Clean is known for. The book is step by step with thorough, clear examples, and addresses common issues and

objections so the reader feels prepared and ready to go. Another boon of the book is that it offers ways to use the tools in many applications outside of a complete coaching process - it's great for teachers, managers, sales people ... really anyone who wants a way of working with others that allows the other person to learn and grow according to THEIR best way of doing things. 4 of 4 people found the following review helpful. Great coaching on how to coach By Philip J Rowland The topic is relevant, the examples realistic, the method is systematic, the repetition drills the concepts in. Definitely recommended for coaches as well as managers and co-workers. 3 of 3 people found the following review helpful. Very Good!!!! By RHADAMESE Excelente book specially to the ones that are looking a good technique to make powerfull questions to their coachees. Recommended

The Five-Minute Coach offers a simple, step by step guide to how to coach - quickly and effortlessly - to get amazingly better results at work. Short, punchy and easy to read, the user can swiftly learn this innovative and effective tool for improving performance. Designed for leaders, managers and supervisors, in any setting, The Five-Minute Coach is a ground-breaking approach to coaching on the job. It creates significant performance improvements, whilst improving job satisfaction for manager and team member alike. This approach to coaching has been developed by the authors and used in organisations across the board - large and small, private and public, with adults and teens, and across a variety of voluntary and community groups. Professional coaches have also adopted The Five-Minute Coach in their work. The book leads the reader through this deceptively simple process which changes thinking about how to work with others. Leaders no longer need to have all the answers. They benefit from true delegation. They uncover the talent and resources of others. They free up time for themselves - time to think strategically and to be more proactive, creative and innovative. With its focus on outcome-thinking, effective action planning and motivating people to take action, the book offers clear steps, practical examples and tips. It all adds up to a very practical way to improve performance.

About the Author Lynne Cooper is an accredited coach and coach supervisor who works with individuals, teams and organizations to transform performance. Lynne is one of the pioneers of the application of Clean Language in organizations to achieve sustainable change. She is Managing Partner of Change Perspectives Partnership and UK Head of Standards and Accreditation at the Association for Coaching. Lynne co-developed the Five-Minute Coach, a tool for busy managers to create improved results, and is the co-author of a book of the same name. She is also the author of Business NLP for Dummies. Mariette Castellino is a coach, team coach and facilitator in the public, private and voluntary sectors. She has an MA in Management Learning and is one of the pioneers of the application of Clean Language and Symbolic Modelling in organizations. She co-developed the Five-Minute Coach and is currently using it to facilitate new thinking in businesses as well as all kinds of communities.