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# How to Coach Your Team: Release team potential and hit peak performance

*Pam Jones, Angela Jowitt, Viki Holton*

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## HOW TO COACH YOUR TEAM

**Release team potential  
and hit peak performance**



PAM JONES, VIKI HOLTON AND ANGELA JOWITT

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How to Coach Your Team helps business managers coach their teams to peak professional performance. It includes: Becoming a team coach – coaching skills for team managers; Understanding your team - identifying how your team works; deciphering personalities and motivations; building the right environment for success; Achieving better outcomes – setting goals; managing performance; facilitating collaboration; Building a happier team – building trust; giving and receiving feedback; having positive conversations; Improving team communication – working smartly; improving meetings; working virtually; A team coaching plan to help you put it all together and stay on track; How to Coach Your Team is a toolkit for working together with your team to achieve success. Many of the questionnaires and ideas can be shared and there are guided opportunities to assess and monitor your progress on a regular basis.

From the Back Cover The best teams buzz with energy and produce outstanding results. But how do you create a top performing team? The answer? Team coaching. In your role as manager or coach, you can not only unlock the innate strengths of your people, but also help them to help each other. This highly practical book gives you the clear steps and advice you need to enhance your team through coaching. Based on cutting edge research, but presented in a quick-to-action framework, How to Coach Your Team is your roadmap to managing happy and productive people. Read this book and bring out the best in your team – it's full of practical tips, examples and activities. - Angela Xu, Executive Vice President, Employee Development, Hult International Business School This book is a lifesaver to everyone out there who wants to run high performing teams. A must read. - Nick Fox, Executive Director, BMI Healthcare About the Author Pam Jones is a Program Director, and Professor of practice in academic leadership. She consults with a range of organisations, and has a passion for helping managers develop their leadership potential; Viki Holton is Senior Research Fellow at Ashridge Executive Education, Hult international Business School. She has a keen interest to help individuals improve their performance and has published on various topics including women's careers as well as teams; Angela Jowitt Founder and Director of Dolphin Team Development Ltd, and Ashridge Associate. Angela specialises in helping teams develop to achieve high performance.