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Nota di contenuto	""COVER""; ""BE A CHANGEMASTER""; ""CONTENTS""; ""PREFACE""; ""Purpose""; ""Who Should Read This Book""; ""Background""; ""How to Use This Book""; ""Universal Application""; ""Three Main Reasons to Buy This Book""; ""Special Features""; ""ACKNOWLEDGMENTS""; ""Publishers Acknowledgments""; ""ABOUT THE AUTHOR""; ""INTRODUCTION""; ""The Coaching Change Connection: The Inside-Out Approach""; ""A Coaching Approach""; ""What Comprises a Coaching Style of Leadership?""; ""Evidence of Coaching Effectiveness""; ""The Challenge of Change""; ""Become a CHANGEMASTER"" ""CHAPTER 1: CHALLENGE ASSUMPTIONS""""Challenge Those Assumptions""; ""How Assumptions Hold Us Back""; ""Assumptions Become Reality""; ""Thinking for Success""; ""Change Your Thoughts at Any Time""; ""How to Challenge and Banish Assumptions""; ""Tips for Success""; ""Summary""; ""CHAPTER 2: HAVE A HIGHER PURPOSE""; ""Why Purpose and Happiness Matter""; ""What Is Your Mission?""; ""It's Not About the Soap""; ""What Legacy Will You Leave Behind?""; ""Finding Meaning in Work and Life""; ""Leading Yourself and Others to Discover

Their Higher Purpose"; "Finding Joy"
"Your Life's Compass: Creating a Personal Mission Statement"
Word About Courage"; "Tips for Success"; "Summary"; "CHAPTER 3:
AWARENESS OF LIMITING THOUGHTS"; "What Are Limiting
Thoughts?"; "Managing Limiting Thoughts and Beliefs"; "The Power
of Choice"; "How to Change Limiting Thoughts to Expanding
Thoughts"; "Step 1: Creating Awareness of Limiting Thoughts"; "Step
2: Notice the Frequency"; "Step 3: Create a Turnaround Statement";
"Step 4: Repeat Often"; "A Formula for Freedom"; "Direct Your Brain
to Change"; "Tips for Success"; "Summary"
"CHAPTER 4: NIX THE NEGATIVES AND NAYSAYERS"
"Be Wary of Your
Words"; "How We Connect"; "Confronting Negatives and Naysayers";
"Be a Better Listener"; "Practical Ways to Nix the Negatives";
"Reframing: A Powerful Skill"; "When People Won't Budge";
"Cultivating Optimism"; "Tips for Success"; "Summary"; "CHAPTER
5: GATHER A GROUP"; "Why Gather a Group?"; "An Inspiring
Example"; "Asking for Help"; "How to Ask for Help"; "A Coaching
Approach to Leading Groups: a€œI Have a Group. Now What?a€?";
"How to Coach Groups"; "Two Group Coaching Models"
"Many People, Common Goal"
"Many People, Different Goals";
"Successful Group Coaching"; "Benefits of Group Coaching";
"Challenges"; "Tips for Success"; "Summary"; "CHAPTER 6:
EMOTIONALLY CONNECT TO THE GOAL"; "How to Create an Emotional
Connection to Your Goal"; "Step 1: Become More Comfortable With
Emotions"; "Step 2: Shift From Head to Heart"; "Step 3: Name Those
Emotions"; "Step 4: Surround Yourself With Encouragement (optional
but helpful)"; "The Mind, Body, and Goal Connection"; "Tips for
Success"; "Summary"; "CHAPTER 7: MAINTAIN MOMENTUM"
"Coaching to Action"

Sommario/riassunto

'Be a Changemaster' is a practical guide for school and district leaders that provides 12 strategies for overcoming resistance to change. Unlike more theoretical books, this text shows how to adopt a coaching style of leadership as a systemic change strategy.
