



Becoming Your Own Business Coach

George W. Watts

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In *Becoming Your Own Business Coach*, Dr. George Watts helps readers become their own "change agents." His core principle? Exceptional executives possess the ability to hold deep conversations not just with others, but with themselves. The core premise of this book is straightforward: The deeper and better you understand yourself, the more successful an executive you will become.

Becoming Your Own Business Coach offers clear, practical ways executives can grow through introspection, self-knowledge, and self-awareness. Dr. Watts employs the time-honored Socratic approach of asking guided, open-ended questions, providing short personality tests, and explaining straightforward concepts to make the reading journey practical, simple, enjoyable—and productive. Self-coaching, done right, can raise one's emotional intelligence, reveal new skills and abilities, and help readers get from where they are in business and life to where they want to be. His book, Watts says, is action learning, challenging readers to become a partner in their own professional journeys, bridging the gap from their current to their ideal selves.

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