

PR2-Task 3 Different coaching-Teaching styles

Quiz for better understanding

Q1. The optimal performance of an employee in a company's environment can be achieved by:

- a. Comfortable chairs and infrastructures
- b. The creation of a coaching culture
- c. The reduction of working hours

Q2. A common characteristic of successful coaches is:

- a. Adaptability of their coaching style
- b. Discipline
- c. Specialized education

Q3. An important characteristic of the holistic coaching is:

- a. Recognized that the coach provides instructions to solve the whole problem
- b. Takes into account the personality of the coachee as a whole
- c. Offers minimal instructions

Q4. Being an effective coach means that:

- a. Ask questions, be positive, provides listen and support
- b. Follow the agenda strictly, be ready to criticise, ask questions
- c. Focus on the professional issues, ask questions, and be positive

Q5. Ensure that you will be able to adapt your coaching style by...

- a. Receiving the detailed CV from your coachee
- b. Receiving a degree as a coach
- c. Receiving regularly feedback from your coachees

Q6. A fully directive style of coaching requires

- a. Instructing the coachee
- b. Listening to understand the coachees personality
- c. Helping someone solve their own problem

Q7. The coaching style of a coach....

- a. is unique and must be classified under specific categories
- b. is unique and can use a combination of methods and techniques of the already coaching styles identified
- c. is mutual between coaches of the same professional sector

Q8. There are teachers with decades of experience in traditional teaching environment that

- a. Do not have a direct effect on student education
- b. Are not aware for their teaching style
- c. can't use a computer

Correct answers: 1) b, 2) a, 3) b, 4) a, 5) c, 6) b, 7)b, 8) b,