

The concept of coaching in an individual's career

[Education](#), [Learning](#)



The concept of coaching has a significant role in an individual's career. The article "Personal best" by Dr. Atul Gawande explains the importance of coaching hence leading to learning new ideas and success in one's career. Similarly, the article "You can Grow Your Brain" reveals various ideas on how the brain function is leading to learning and intelligence. The article conceptualizes Gawande's ideas on coaching through analyzing how the brain strengthens when introduced to daily practice and learning different information.

In the article "Personal Best" by Dr. Atul Gawande, discusses his life as a surgeon. Besides, he explains a how he came across the concept of coaching in his career. His idea of coaching comes from the British concept of sports such as golf and soccer. He states that in the United States, the American football team hired a coach in 1875, that was meant to plan goals and ensured that players developed in their career. Hence, he emphasizes on the fact that coaches are supposed to teach their trainees. Coaches find a way of suggesting to their students what they want to do themselves rather than just telling them what to do. He further outlined that there is a difference between coaching and the traditional concept of pedagogy. Dr. Gawande, asserts that the traditional concept of pedagogy is more on the fact that there reach a point where students have to be independent and do not need any instructions. However, in his career as a surgeon, he learned that a point he needed a couch and had enjoyed the service of his coach all the years they were working together (Gawande, 2011).

Gawande views the idea of doing something new especially activities in his career that he has never done before as important. Since he ends up

<https://assignbuster.com/the-concept-of-coaching-in-an-individuals-career/>

acquiring different ideas from his collides and hence improve in his career as a surgeon (Gawande, 2011). Moreover, his idea has a great connection with the article “ You can Grow Your Brain” since the article emphasizes on the fact that the brain develops each day when exposed to learning activities. Practicing and learning new things every day is considered as part of the brain change. Hence, people that are not smart are not exposed to learning activities (Winter, 2008).

Furthermore, Gawande’s idea on coaching and continues learning when in a career can be connected with concepts in the article “ You can Grow Your Brain” because an individual’s brain tends to form new connections regardless of their age. The adult’s brain is considered to have an appearance as same as of a muscle hence needs exercise for growth. The brain grows less when people do less practice hence the more people learn, the more the muscles gets strengthened and reduce the ability to be dumb (Winter, 2008). Similarly, Gawande reveals that an individual with a career has to continue building their career and sustain himself or herself for success. Practicing the right way and incorporating the right coaches is the best way people can improve in developing their brain and learning various important concepts in their career (Gawande, 2011).

To sum up, Gawande’s concept on coaching reveals that the brain of an individual needs constant learning and exposure to different activities that are essential in one’s career. He chooses to hire a coach at one point in his career since he wanted to learn different information that he never knew as a surgeon. Moreover, the article “ You can Grow Your Brain” brings out the

idea of learning to bring a permanent change to a person's brain leading to intelligence. Hence coaching is significant especially when it allows an individual to learn skills that let them use their brain in a positive manner.