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Doug Silsbee provides many sample dialogues of each Voice, and also provides many exercises to self-coach and self observe oneself with increased awareness and mindfulness. The exercises are very thought provoking and I recommend any coaches that purchase the book to do the exercises mindfully.

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Doug Silsbee is a thought leader in the field of presence-based leadership development, coaching, and resilience. He coaches, teaches, and writes in Asheville, North Carolina. A master teacher, Silsbee has worked with leaders on five continents, taught top executives from corporations, nonprofits, and government, and is a frequent speaker at major conferences.

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