Academic Paper

How experiencing executive coaching helps coachees feel they are independent learners and self-coaches: an interpretative phenomenological analysis

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Abstract

Executive coaching is a popular leadership development intervention. Despite the popularity, our understanding of how executive coaching facilitates learning and development is underresearched. We addressed this research gap by exploring how business leaders interpreted
their executive coaching experience using interpretative phenomenological analysis as the
research methodology. After purposively selecting three coachees and two coaches, we
conducted two semi-structured interviews with each participant. The data analysis revealed
that executive coaching helped coachees to become independent learners and to coach
themselves and others. These findings establish an enhanced understanding of how coaching
may facilitate leadership learning and development.

Keywords

Executive coaching. Adult learning and development, Independent learning, Self-coaching

Article history

Accepted for publication: 11 July 2023 Published online: 01 August 2023



the Author(s)
 Published by Oxford Brookes University

Introduction

Leadership learning and development continues to be one of the strategic priorities in organisations (Day et al., 2014). However, the skills required to perform in the current business environment appear to remain unimproved and conventional development programmes are becoming increasingly obsolete as the "challenges facing contemporary leaders (...) tend to be too complex and ill-defined to be addressed successfully through (...) traditional developmental interventions" (Day et al., 2014, p.64). Executive coaching has been identified as a remedy to address such complex leadership demands (Ely et al., 2010; Korotov, 2017).

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