



# Political Coaching: Self-Actualizing politics and politicians

*L. Michael Hall*

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## **Political Coaching: Self-Actualizing politics and politicians** L. Michael Hall

If your first thought when you heard the title, *Political Coaching*, was, "Are you kidding? Coach a politician?" then you will both love and hate this book and you will be shocked and surprised. You will be *shocked* when you discover that you too are a politician, and you will be *surprised* that to be human is to be political because we are political beings. You will *love* it because politics is about how we relate and get along with each other--it is a psychological experience that we all have, and you will *hate* it because politics can so easily and quickly go wrong even when you have the best intentions.

The possibility of positive and healthy politics may seem utopian, yet it is possible. That's because the quality of politics in any and every group is up to the individual. We can have self-actualizing politics, politicians, and governments if we so choose and act. This book is about the *how*. We can initiate *Self-Actualizing Politics* one conversation at a time as we use the healthy Political Coaching Conversations described here to transform the politics in our families, organizations, and government. By these intense and deeply meaningful conversations, we can then design the way we interact and govern ourselves in a healthy and positive way.

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