



**ART OF COACHING PODCAST™ EPISODE 10  
KURT HESTER: COACHES OR CLOWNS- MOTIVATIONAL THEATRICALS, ETHICS AND STANDING  
UP FOR YOUR VALUES**

At some point in our lives, many of us have succumbed to some sort of peer pressure. Describe a time where this happened to you personally or professionally. What was the situation? Why did you feel the need to conform, and what were the consequences if you had resisted?

Motivation can be described as the reason or reasons someone has for behaving in a certain way. Within the realm of motivation, we have intrinsic motivation, extrinsic motivation and amotivation. How do these terms differ from one another?

What are two strategies you could utilize to ethically influence someone who is extrinsically motivated?

Imagine you are working with someone who demonstrates a tremendous amount of amotivation. In your opinion, what are some of the WORST ways, (read: ineffective), that you could try to change their behavior or frame of mind?



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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