



**ART OF COACHING PODCAST™ EPISODE 25
CALIN BUTTERFIELD: SKILL EVOLUTION AND WHY POSING AS AN EXPERT IS OVERRATED**

Brett asked Calin what type of influence tactic he tends to be most responsive to. What was Calin's response? Does this type of tactic tend to work well on you as well?

Calin mentioned training programs must be designed with intent, and also some level of understanding of what the athlete actually wants as opposed to simply what the performance staff knows will enhance performance. Describe a time where you adapted something solely because you knew it was what someone wanted, even if you disagreed with it at first.

Brett asked Calin for several examples of questions that he has found to be valuable when building rapport with his athletes. What was Calin's response to this? (think of answering in terms of laying out core principles of what Calin's approach seemed to be)



Calin mentions that he believes as coaches we generally do not always do a good enough job of structuring training sessions so that there are ingrained “lesson plans” which integrate contingencies for issues that occur that are “soft-skill” related- such as someone we are trying to lead demonstrating “fixed mindset” type of behaviors. What are some adaptive strategies you turn to when experiencing resistance from someone you are working with?



Art of Coaching Podcast™

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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