



**ART OF COACHING PODCAST™ EPISODE 26  
HENRY ANDERSON: AN NFL ATHLETE'S VIEW ON WHAT SEPARATES GREAT COACHES**

Which of the archetypes mentioned within Brett's book *Conscious Coaching* and online courses does Henry most closely resemble as it pertains to his approach to the weight-room? How did you come to this conclusion?

Henry speaks a lot about how much he appreciates coaches who pay tremendous attention to detail and who are highly analytical. Does this approach resonate with you as well? Who are individuals in your life who embody specific traits you appreciate most as a leader?

As a coach, it is critical to walk the line between being friendly with those you lead while also making sure to maintain a strong professional separation between roles in an organization. What are some tactics you use to walk that line and how can you teach this to others?



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Brett and Henry discuss how the recent era of political correctness has impacted some coaches who use “tough love” strategies when trying to motivate an athlete or hold them accountable. Do you believe you can help others improve over the long-term without EVER being “hard” on them?

Brett asked Henry about his thoughts as it pertains to learning styles and preferences. What is your take on this subject? Do you believe we should adapt our teaching style depending on who we are interacting with? Why or why not?

Sticking with the learning style and modal strength theme, fill in the blank of the modal strength omitted below. As a bonus challenge- list 2-3 examples of a technique that is representative of each.

Visual\_\_\_\_\_

Auditory\_\_\_\_\_

Analytical\_\_\_\_\_



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Knowing how others go about obtaining information provides critical insight as to what influences their perspective. In this episode Henry details how he goes about information gathering or finding advice that can point him in the right direction- what were the first few steps he mentioned?

Sport science and data collection are omnipresent within most sporting organizations. This data, when spoken to/about inappropriately, (too much jargon), can easily alienate our intended audience. What are some strategies you utilize when it comes to humanizing how you “look at the numbers” or speak to others about these types of metrics?



## 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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