



ART OF COACHING PODCAST™ EPISODE 47 THE LEADERSHIP LIE

What is your definition of the term “leadership?”

How has this definition changed over the course of your career?

**According to the points discussed within this episode, how is leadership often depicted?
Has this depiction been accurate in your experience?**

**Often times those who are in leadership roles themselves tend to be afraid to ask for help,
why do you believe this tends to be the case?**



What is it that you want out of a leader?

As a leader, what key performance indicators (KPI's), have you come up with to measure your own effectiveness as a leader? Conversely, when you have NOT been in a leadership role, what methods have you used to discern whether or not your superiors were effective in their roles?

Imagine a past occurrence where you achieved one of your best performances, (physically, professionally or personally), under the guidance of coach. What were some of the key behaviors they drew upon to get the best out of you? Why do you think those tactics worked?



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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