



**ART OF COACHING PODCAST™ EPISODE 8**  
**MOLLY BINETTI: ACCEPTING CRITICISM, HUMBLE BEGINNINGS AND BEING A PROFESSIONAL**

What were some of the key components of the “exit interviews” that Molly mentioned within the episode? How do you currently go about gathering feedback from those you serve or support?

When trying to obtain honest feedback from others, what are some potential difficulties you may encounter? How can you structure the way you ask for this feedback in a way where you can overcome these obstacles?

Do you believe the effectiveness of a leader can be evaluated in a purely objective manner? If so, how? Try to be specific to at least 1-2 contexts

Molly mentioned some of the things she struggled with when dealing with a mentor who was particularly tough on her early in her career. Have you ever had a mentor who pushed you to your limits? What did they do, and how did you respond to it at the time?



The term “branding” is brought up within the episode. More specifically, Brett mentions that when branding is done right, it is depicted by, “the values you live by, made real by what you do.” Do you agree with this definition? Why or why not?

What were some tactics that Molly mentioned have been very helpful for her when it comes to sharing on social media?

Do you participate on social media? Why or why not? Who is your audience and what are you trying to do to serve or support them with your content?



## 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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