



**ART OF COACHING PODCAST™ EPISODE 34
PRATIK PATEL: THE DANGERS OF GROUPTHINK & CALLING OUT THE OLD GUARD**

Brett and Pratik initially discuss the critical nuances that working in professional sports presents, many of which are not common knowledge to the average person. What unique challenges that may not be directly evident to outsiders does your current role present? What can you do to build awareness around these issues?

Where does Pratik say most can improve in building buy-in at the workplace? Do you agree or disagree? Elaborate

Within the episode, Brett draws upon the irony of how coaches warn youth athletes of early specialization, yet coaches often fall prey to the professional development equivalent of this same issue. What does he mean by this?

Do you believe there is a need for coaches to better educate themselves on topics related to business skills, networking and/or financial aspects? If so, what workshops/seminars do you plan to attend in the future outside of your normal sphere?



What example of groupthink does Pratik mention he witnesses most frequently, and why can this create challenges when trying to relate and adapt?

How does Pratik respond when asked what he believes will be a tipping point for coaches to understand the need to evolve in the field? Provide your own answer this question.

In regards to networking, Pratik mentions leading with value. What does he mean by this and what tactical advice does he provide when reaching out?

After listening to Pratik describe his own self-critique process for improvement, reflect upon and describe your process.



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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