



**ART OF COACHING PODCAST™ EPISODE 39
DARREN ROBERTS: BEING FRIENDS WITH THOSE YOU LEAD: SHOULD YOU DO IT?**

Within this episode, Darren touches on his experience with working with high performance athletes and how he views the relational dynamic. Specifically, Darren states, “it’s not so much compliance as it is cooperation.” Elaborate on what you believe Darren means by this,

Why is it that some world class athletes are the way they are because they don’t do as they’re told? How could what is often perceived as “non-compliant” behavior actually be beneficial in some circumstances?

What is an example of something someone with significant authority or subject matter expertise has told you yet you ignored? Why didn’t you believe them? What did it take for it to finally connect? (If it ever did)

How does Darren orchestrate the autonomy he encourages his athletes?



What are some of the reasons as to why a coach or a training environment may hold athletes back? What should coaches do instead?

What is Darren's response to Brett's question, "Should we be friends with our athletes?" Where does it start and where does it end? What are some of the ethical boundaries discussed? What were some of the different categories mentioned?

Brett asks Darren about learning styles and if they real or nonsense. How does Darren respond? Do you agree or disagree?



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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