



ART OF COACHING PODCAST™ EPISODE 56

THE WEAPONIZATION OF GUILT & NOT BEING A SUCKER

In this episode, Brett discusses how various stakeholders and powerbrokers tend to manipulate those who are “givers” through appealing to themes related to moral virtue, selflessness, and servitude. These strategies are often invoked to make the “giver” feel like they should continually sacrifice their own best interest when in reality the ones doing the asking are simply taking advantage of their time and talents. Has this ever happened to you? Describe the situation.

Be honest, looking back- have YOU ever been guilty of trying to leverage more out of someone than you should have? What was the context? Do you still tend to do this in certain situations?

What are 3-4 archetypical examples of “takers” that Brett mentions within this episode? What other examples have you experienced?

Brett references commitment as being a social act. What does commitment mean to you and how would you describe commitment when it’s present.



**What are the 3 proposed types of organizational commitment mentioned in the episode?
Which of these components do you currently identify most with and why?**



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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