



**ART OF COACHING PODCAST™ EPISODE 59
NATHAN PARNHAM: THE DIFFERENCE(S) BETWEEN COACHING MALE AND FEMALE
ATHLETES**

Coach is cultivated from a wide variety of experiences throughout the lifespan of one's coaching career. Within this episode, Nathan reflects upon his early experiences working as a personal trainer, and how certain experiences in that setting helped him tremendously once he moved into the realm of professional sport and beyond. Thinking back to your earliest developmental opportunities, what were some of the most impactful lessons that you perhaps took for granted at the time, but provided you with an impactful edge later on?

Referencing the question above. What made you take this early advice for granted? What were you not seeing at the time?

The notion of whether there is a difference between coaching male and female athletes is intensely debated within the coaching community. What are Nathan's beliefs with respect to this subject? Do you agree or disagree?



When coaching females, Nathan says _____ is an early strategy for success.

What is your current approach as it pertains to coaching male and female athletes? What do you think is not discussed enough within this topic?

Though biological sex is the primary variable focused upon within this episode, how do you think an athlete's biological age makes this discussion even more complex?

List and describe two communication strategies that have been most effective for you when communicating to/with members of the opposite biological sex. Why do you believe these are so effective?



How can you teach the aforementioned communication strategies to others? What are some specific nuances of each?

Brett and Nathan talk about leadership and how often times leaders are thought of as mentors. Mentors can help drive conversation, elicit deeper discussions, and offer feedback for growth. Make a list of your leaders/mentors. For each, describe how feedback was presented to you and how receptive you were to it at the time.



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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