



**ART OF COACHING PODCAST™ EPISODE 63  
POWER DYNAMICS IN LEADERSHIP**

Per the definition provided within this episode, what is the definition of the term “power?”

In your own words, describe the difference between compliance, commitment and resistance.

Describe a time when you complied with a request, but were not fully committed with the purpose or nature of the request. What were the key issues?

List the 9 bases of power that were discussed in this episode and provide at least one example of how you use each type of power in everyday life.



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Which base of power is signified by relatability, likeability and charisma?

Per Brett's comment in the beginning of the episode, *"all of us have power, but our power is also \_\_\_\_\_, dynamic and \_\_\_\_\_."*

What is meant by the phrase, *"power cannot be enacted without the use of influence?"*

How do you or your staff currently work on navigating power dynamics within your organization? In what ways do you evaluate one other's interpersonal effectiveness within this domain?



## 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.



**Art of Coaching Podcast™**  
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