



**ART OF COACHING PODCAST™ EPISODE 66
MARTIN ROONEY: COACH TO COACH**

On paper, the bumblebee should not be able to fly. Its aerodynamics and proportions do not support the basic physics of flight. Scientists debate how this is possible and yet, it still flies. What is the connection Brett and Martin make between bumblebees and coaches?

Do you believe it's possible to be just a "heart" (interested in soft skills) or just a "smart" (interested in training/physiology/anatomy) coach? Is it binary or is it a spectrum? If you had to, how would you assign yourself percentages with regard to these two sides of coaching?

What are some of the most common coaching styles Martin has stated he's observed over the course of his career? How do you believe you can most easily identify each of these styles?

How would you define your own "coaching style?" Elaborate on your answer as to why you've adopted this strategy.



Coaching, in many respects, is synonymous with management. Given this, why is it that for true success to occur a leader must learn how to adapt to others as opposed to leading only through “the numbers?”

List (up to) 3 coaches or teachers you’ve had in your lifetime. For each:

1. Write down a few words, stories or ideas that come to mind when you think of that person.
2. Are those memories/words largely positive or negative?
3. Why did that particular story or word stick with you after all of this time?
4. Do you feel that coach/teacher did everything they could to serve you? Were there instances in which you doubted their commitment to you or the program they were running?
5. For each coach, mark Y/N if you think you would have continued to trust them even if they had made a mistake that led to a failure, loss, or injury.

Within this episode, Brett asks Martin about the role that self-doubt has played in his career. Describe 2 occurrences when self-doubt impacted your ability to lead most effectively and reflect on what you did to overcome these doubts in the future.



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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