



**ART OF COACHING PODCAST™ EPISODE 68
CARL COWARD: EMBRACING DIFFICULTY AND FINDING YOUR WAY**

What is Tall Poppy Syndrome (according to Carl)? Is there something like this that exists in your culture? Where/how do you see these social norms/laws playing out in your own life?

Where do you lie on the spectrum of shameless self-promoter to Humble Harry? Are there aspects of your profession that lend themselves to being more on one side of the spectrum than the other? Explain.

Carl and Brett argue that likability/referent power is essential for interpersonal success in an organization.

- a. Do you think it's important for colleagues to like each other? Why or why not?
- b. Do you personally work better when you like the people you are working with/for?



Brett and Carl talk about the mentor/mentee relationship extensively. Do you have someone you consider a mentor (or someone you know personally and look up to)?

- 1. How did you meet them?**
- 2. How have you fostered that relationship?**
- 3. Describe the power dynamic - is there one?**
- 4. Do you feel a sense of responsibility to get to a certain level or stay in a current role because of their expectations of you?**
- 5. What are three things you can do to be a better mentee and get more out of that relationship?**

“Competition is for losers. If you are competing with someone, you aren’t good enough.” - Peter Thiel.

- a. Agree or Disagree? Explain your opinion.**
- b. Do you believe there is a need for some type of competition in your personal or professional life?**



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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