



**ART OF COACHING PODCAST™ EPISODE 79
JOHN BEERBOWER: THE UNSEEN WOUNDS**

John contends that all people need to feel like they belong, to know they are loved and that they are special in some way. Do you agree? What ways can you use your role to fill these needs in the population of people you serve?

When Brett asks John about his strategy for encouraging others, he says “...If you sow generously, you’ll reap generously.” What’s your system for reaching out to others and lifting them up? Do you have a process? If you don’t, discuss 2 ways you could better show people around you gratitude/appreciation.

Social capital can be broken down into bonding and bridging varieties. Bonding refers to “people that bring you soup when you are sick.” Bridging describes interactions within a professional network. Provide an example of each type of social capital in your own life. Is one type stronger than the other?



John describes the process of adapting one’s leadership traits (for different people/contexts) as “balancing truths”. Neither side is right or wrong, but they have to be in balance to be effective. What does he mean by this? Describe your natural coaching style. How do you balance two opposing traits to create the outcome you desire?

What are the "unseen wounds" that John describes? What unseen wounds do you observe in your population? How can we as coaches get better at recognizing and then addressing these wounds?



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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