



**ART OF COACHING PODCAST™ EPISODE 90  
BRETT SOLO EPISODE: COACHING AS IMPROV**

What do you think of when you hear the word *improv*? Define it in your own words. Come back at the end of the episode. How does your definition compare to ones Brett provides?

Brett lists a few principles of improv: spontaneity, collaboration, yes and... Discuss how you can (or do) use each of these principles in your coaching.

Have you ever done any improv or been called on to participate in the practical portion of a presentation? How did you feel? Why do you think people are afraid of engaging in improvisation practice/training?



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Name a “game” (anything with rules and constraints) that you participate in. What does this “game” look like? List the rules/constraints. Do you bend the rules? Do you have any workarounds? (Hint: Brett gives the example of standing in line at airport security and having to take off our shoes and belts)

Following this episode, brainstorm 3 ways you can introduce some improv into your coaching, mentorship or personal development.

What did Brett mean when he said, “Improv is a process, not a product...”?



## 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.



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