



**ART OF COACHING PODCAST™ EPISODE 92
HUNTER SCHURRER: WHAT GREEN BERETS CAN TEACH US ABOUT TEACHING**

What makes the Green Berets (U.S. Special Forces) different from the rest of the military? In what ways are they similar to strength coaches (or your profession)?

If you were coaching a future or current coach, what skills would you want to impart? Would you coach them differently than someone who had no interest in coaching?

How do you respond when someone asks 'why' you are having them do something? Are you more apt to interpret that question as a lack of buy-in or as a sign of curiosity/wanting to get better? If you answer "it depends", what does it depend on?



Do you believe you can teach X's and O's without first understanding the athlete or person you work with? Why or why not?

During this time period (COVID/quarantine), do you find yourself over or under consuming information? How do you personally manage information overload?

Hunter talks about the importance of trying and exposing yourself to new learning experiences to prepare for the unknown. What unusual experiences have you exposed yourself to recently? What did you learn from them?

Brett and Hunter talk about the importance of having a place to fail prior to trying something for real. What's that "training ground" in your profession? Do you have one for interpersonal skills or just tactical skills?



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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