



**ART OF COACHING PODCAST™ EPISODE 87**  
**LYLE HENLEY: TURNING ANARCHY INTO TO AN ADVANTAGE**

To rebuild the football program at UAB, Lyle and his staff had to build trust with players that came from places where they didn't always trust or have the trust of their coaches. What are some strategies you use to build trust with people that seem skeptical at first?

Brett and Lyle talk about using a spreadsheet to systematize listening. Specifically, they keep track of individual conversation details so that they can later apply that information. Do you have a similar process to aid listening and future recall? If not, how do you show people that you're actively listening?

What skills are required and cultivated on the private side of coaching that could help the public sector and vice versa? In essence, what could one side of the profession teach the other? (hint: think in terms of business acumen, leadership, recruiting, marketing, etc.)



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**According to Lyle, what is true culture? What do you think of when you hear the word culture?**

**Why is learning the skill of communication highly regarded in fields like military, medical, and business, but not in strength and conditioning? Would you preferentially listen to a respected member of one of these fields regarding communication? Why and what's the difference?**

**Do you consider yourself a specialist (an expert on particular topics/skills) or a generalist (proficient in many skill sets)? What about the other members of your staff/colleagues? Do you think it's better to be one or the other? Discuss.**



## 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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