



**ART OF COACHING PODCAST™ EPISODE 88  
DR. JOHN BERARDI: BECOMING A CHANGE MAKER**

We often subconsciously judge a person based on their accomplishments. Compare your initial impression of Dr. Berardi (following the intro) with your impression following the episode. Would you have felt differently if you heard the episode without knowing his resume?

This episode references two different coaching frameworks. There's "you can lead a horse to water, but can't make it drink" and what Dr. Berardi uses, "you can't make them drink, but you can make them very thirsty..." Explain. Do you agree with his modified approach?

In reference to the "Jobs to Be Done Theory" ([for more on this subject, check out episode 80 with Ali Kershner](#)), what two "jobs" are Dr. Berardi and his Precision Nutrition team trying to help coaches accomplish?



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Dr. Berardi discusses the tension between fluid and authoritarian leadership. What question does he use to bridge this dichotomy? Do you have any other tools to cultivate respect without using authoritarian tactics?

Do you co-create experiences with your clients, athletes and children or do you just tell them what to do? What would be the advantages and disadvantages of asking their opinion and creating more autonomy?

Dr. Berardi's book *Change Maker* helps you discover your "unique abilities" (skills you bring to the table or that people rely on you for). What are your unique abilities? According to Dr. Berardi, should you come up with these abilities alone or with the help of your inner circle?

Two tactics that have had large returns on investment in Dr. Berardi's life are: 1. Never resist telling someone something positive and 2. Never resist a generous impulse. Have you ever attempted either? What was the effect/impact on your life?



## 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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