



**ART OF COACHING PODCAST™ EPISODE 96
ANGIE ASCHE: DEBUNKING DIETARY DOGMA**

What is your current relationship with food? Have you ever tried a diet of any kind? Have /would you ever consider meeting with a dietitian? Describe any emotions/thoughts you have surrounding food, diets, eating behavior, etc.

As humans, we all have intimate relationships and unique experiences with food. Have you ever intentionally or unintentionally given someone nutrition advice? Did/do you feel qualified to do so? How do you think this influences your perception of dietitians and nutrition counseling? How does this compare to how you feel about giving advice on medical, financial or other topics in which you have never been formally trained?

In your field, how do you navigate making clinical/theoretical information digestible and interesting for the general public? How do you draw the line to prevent this information from becoming oversimplified?



Think of a time you tried learning something that was initially very confusing or difficult. What or who finally made it click for you? Is there a certain tactic here that you can apply to future learning opportunities?

Angie acknowledges that her strategy of using words of affirmation doesn't work for all clients. If someone wanted to influence or connect/communicate with you, what's a strategy or tactic they should use to best accomplish this?

Give an example of a time when public opinion swung from one extreme to the other (any topic or field). Have you ever gone from one end of the spectrum to the other in a line of thought? What caused this switch?





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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