



**ART OF COACHING PODCAST™ EPISODE 97
HEIDI MORRISON: REACHING TEENS & RESOLVING CONFLICT**

From aromatherapy to fidget spinners, Heidi has intentionally designed her office to make her students feel more at ease. What can/do you do to create an environment that fosters more trust, buy-in, and/or comfort with your audience?

When dealing with non-rational human beings (e.g. teenagers), sometimes we have to go beyond rational reasoning to ensure comprehension. Name a time you used a non-traditional tactic to get your message across. How was that message received? Like Heidi and Brett, do you have a "dark side"? How do you manage it?

"Proxemics is the study of human use of space and the effects that has on behavior, communication, and social interaction." Heidi uses a form of proxemics (pulling her chair close to a student) to get them to understand the gravity of the situation. Give an example of proxemics in your life. If not proxemics, what's another non-verbal tactic you've used to convey meaning?



Heidi used the *Research* (understand the person and what they care about), *Relate* (give them information about yourself) and *Reframe* (show them the future that can be attained) framework to help a student understand the importance of graduating from high school. Describe another example of this framework as it pertains to your situation/audience.

Do you think post-COVID-19 we should try to play catch up (in terms of material missed) or adopt a novel approach entirely? How long and in what ways do you think COVID-19 will change/alter your profession?

What does Heidi mean by "Sit and Get"? What is guided discovery? Do you have any experience with this? How do/could you implement this with your clients or athletes?



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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