



**ART OF COACHING PODCAST™ EPISODE 111
LUKE WORTHINGTON: HOW TO SAY NO & MANAGING EXPECTATIONS**

In what particular situations do you have a hard time saying no/creating boundaries?

We all want to help people. How do you give people your time without letting it cannibalize your own work or boundaries? Describe actual actions you take (e.g. not responding to DM's, only checking email twice a week...).

"A carpenter's door is always broken" is a sentiment shared by many. When we are busy helping others, it can be easy to neglect our own well-being. With that said, how do you take care of yourself? Are you able to consistently practice what you preach?



Luke talks about a document on his computer he references every time he has to say no. This document gives him different ways to respectfully decline depending on the person or scenario. Would a resource like Luke's help you? If so, brainstorm 2-3 situations where you might have to say no and describe how you might respond to them.

Shades of grey. Pick one of the following statements and describe a situation that supports it and then one that refutes it. 1. "Quality is determined by accuracy and completeness" 2. "Do or do not, there is no try".

What does it mean to move "the sail and the wind"? Describe one scenario in which you've done this in either your personal or professional life.



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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