



**ART OF COACHING PODCAST™ EPISODE 123
RYAN DONAHUE: CONSCIOUS COACHING FOR CLINICIANS**

Is there a "veil of credibility" in your profession? In other words, do you feel that people perceive your work differently because of the logo or brand you are tied to? Is it a positive thing or a negative thing?

How do you approach having to give someone bad news? How does your approach change when they are in a good mood versus a bad mood?

Would you rather hire a great people person with little to no technical knowledge or someone that's super knowledgeable but not good with people? Discuss.



If you had to create an evaluation to assess people in your organization on three communication or interpersonal skills, what would they be? How would you actually go about measuring these skills?

For each of the following non-verbal communication skills, assess yourself: Which do you do well? Which do you need to work on? 1. Haptics: the use of touch, (e.g. giving a high five to a teammate). 2. Kinesics: the use of expressions/gestures (waving hands, stroking hair). 3. Proxemics: the use of physical spacing (e.g. getting in someone's face when you're angry). 4. Aesthetics: the use of visual representation (e.g. the clothes you wear, cleanliness, tattoos, etc.).

Ryan has created a document to track where he is focusing his continuing education efforts. First he notes how much attention he is giving to each of the following areas of knowledge: Field or position specific movement, weight room, mobility, neural patterning and communication. Where he sees asymmetries, he spends more time. Create categories for your current role. What asymmetries do you see?



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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