



**ART OF COACHING PODCAST™ EPISODE 134
STEPHEN PAK: ADAPTABLE LEADERSHIP IN THE WORKPLACE AND BEYOND**

Stephen tries to find “fit” by assigning his employees to a role or project that matches their self-described strengths. Pretend you are on Stephen’s team. How would you answer his questions: What energizes you? What drains you? Where can we best use you?

What is a "context switch"? Describe examples of context switching in your own life. If you do a lot of context switching, what helps you reset between roles or tasks in your day?

If you were to apply for a job outside of your current field, what stigmas or assumptions do you think you would have to work against in your new role (given your last one)?



What example(s) do you use when an interviewer asks you about a time you've experienced a challenging situation?

To better answer this question in the future, Stephen suggests using the STAR framework. Take the example you came up with above and describe the components outlined below:

- **Situation:** Describe the situation. Why was it challenging?
- **Task:** What were you required to achieve?
- **Action:** What did you do?
- **Results:** What was the outcome of your actions?

What is TLDR or BLUF? Would you find this helpful as a way to summarize information? How would you respond if your organization started using this method?



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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