



**ART OF COACHING PODCAST™ EPISODE 128  
SCOTT LIVINGSTON: HOW TO BRING MORE VALUE TO OTHERS**

How do you personally practice self-reflection? Do you believe it can be done “in action” or does it have to be a separate practice?

The first question Scott asks himself in reflection is “why” as in “why do I do what I do?”. Ask yourself this question now. If you don’t have an answer, this might be a sign you need to engage in some deeper thinking. What questions do you prompt yourself with?

Describe a time you were object (goal) referred and a time you were self (process) referred? Extra points: relate this dichotomy to internal and external motivation.



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Many people agree that in relationships (with romantic partners, family, friends) we look for people to check more than the technical boxes (has a job, emotionally stable, shows up on time...): we need to feel an emotional connection, to be able to communicate, etc. If such qualities are prioritized in these types of relationships, why aren't they in a working relationship with a colleague or boss?

If they are prioritized, how are you currently practicing them?

Think about a time you were dealing with someone who wasn't forthcoming, was distracted or otherwise uninterested in the conversation. What did you do to turn this around? Did you have to try more than one strategy before landing on one that worked?



## Art of Coaching Podcast™

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### 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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