



**ART OF COACHING PODCAST™ EPISODE 129
MATT MARCINEK: TURNING A DISABILITY INTO A COACHING SUPERPOWER**

Describe a time when you opened a conversation poorly. Using concepts and strategies outlined in the episode, what would you do differently if you had another chance?

How did a struggle or obstacle in your life offer you a new perspective? What did you end up gaining from it? If you're unsure, spend some time thinking about the mindsets you have that might need a shift in perspective.

What are the person-situation context and the "hot food principle"? How can they be used to improve your daily interactions?



Matt describes how the constraint of not having full use of his limbs has forced him to be a more creative practitioner and communicator. List 3 current constraints you face in your communication with others and give one way each of those can help you be more creative.

Several tips were given on how to deal with and overcome imposter phenomenon. If you struggle with imposter phenomenon, which one can you implement now? Why do you feel this way?

Write down a few of your strengths or superpowers as a communicator or coach. Even if you don't think you have any, try to come up with at least one. Over the next week, ask a few family members, close friends, or co-workers what they think your strengths are. Record what you found. Did it reveal what you expected? If not, give a few ideas of why there could be a mismatch.



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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