



**ART OF COACHING PODCAST™ EPISODE 131
QUENTIN PULLEN: THE OVERTON WINDOW**

What is the Overton Window? How does it fit into this episode's themes of reinventing yourself and taking criticism?

Brett and Quentin debate if leaders always need to display charisma. What is your take on this? When is charisma good? When could it be inappropriate or counterproductive?

What are 3 strategies Quentin used to overcome Imposter Phenomenon and learn quickly in a new field? Which one can you implement most easily? BONUS: Post about it in the [Facebook group](#) and let us know how it helped you!



Whether you are a coach or not, you have skills and abilities that could be helpful to others. Reflect on what others come to you for or ask your advice on. List 3-5 skills & abilities. What's one way you could add more of this to your daily life?

Quentin talks about the importance of diversity on a team. When was a time your team or organization lacked diversity? What was the ultimate outcome or effect of that? How can you ensure that all ideas are shared and heard?

Let's play some Devil's Advocate! In the episode, it's stated that imperfections and newness can be strengths. Give one argument as to why this is true and one as to why it's false.



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.



Art of Coaching Podcast™
info@artofcoaching.com



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