



**ART OF COACHING PODCAST™ EPISODE 136  
BRETT SOLO EPISODE: DEALING WITH PUSHY SPORT PARENTS**

Have you ever dealt with a pushy sport parent? Describe the situation. How was it handled? What worked? What didn't work? If you haven't, what drew you to this episode? Do you see any crossover into your life?

Fundamental attribution error is the tendency to describe/label other people's poor behavior as a "personality" issue while labeling that same behavior in ourselves as a "situation" issue. Where have you seen the fundamental attribution error in your own life?

Within every context there are environmental, social and emotional factors. Each of these play a role in how we perceive and handle a situation. Pretend you are a coach and are approached by a parent in public who is upset about their child's lack of playing time. Describe what role each of these contextual factors would have on the situation and how you could design the situation to better fit your desired outcome.



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Consider the tips outlined in the episode: 1. Understand/evaluate your own behavior, 2. Don't seek to educate, 3. Don't have the hard conversation in front of a crowd, 4. Hear them out, 5. Make them a part of the process, 6. If nothing else works, get a mediator. Which tip resonates the most with you? Which if any do you not agree with? Would you add any to this list?

Parents often act irrationally because of the emotional investment they have in their child. What other social situations might someone act irrationally? List as many examples as you can think of in 3 minutes.

What framework does Brett suggest using when talking to people who may disagree with you or whose behavior you are trying to change (hint: it's 3 parts and all start with the letter "r")? In what other context(s) else have you heard Brett describe this framework?



## 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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