



**ART OF COACHING PODCAST™ EPISODE 144
TIFFANY PELTIER: COACHING ADULTS VS. KIDS: WHAT'S THE DIFFERENCE?**

List common jargon in your profession. In what situations can jargon be helpful? In what situations can it be limiting?

In addition to the presence of experience and emotion, what are the other differences one should consider when coaching adults versus children?

How does Tiffany differentiate between "emotional" and "logical" learners? What words does she listen for? Why is this important and how does it change her coaching?



In terms of learning and asking “why”, Tiffany describes children as sponges "ready to absorb" and adults as sponges "ready to be rung out". What she was trying to illustrate with this metaphor?

What are the stages of the Experiential Learning Cycle? Describe a time you went through the entire cycle or talk about the stage at which you typically stall...

Think about (and list below) times in your day when you are role playing or improvising. Are there times you're role playing or improvising and don't even notice?



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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