



**ART OF COACHING PODCAST™ EPISODE 164**  
**JENNY NOILES: FROM COACH TO MANAGER- HOW TO NAVIGATE ROLE CHANGES & NEW CULTURES**

**How do you find the balance of establishing both competence and warmth when joining a new company or beginning a new professional relationship?**

**What are you anxious about right now? Has any of that anxiety served you in a positive manner?**

**What's the most difficult part of leaving one job and starting another? What do you do to prepare for these obstacles ahead of time?**



---

Has there been a time you "followed your heart" and it didn't work out? Is there a time you didn't follow your heart and wish you did? What did you learn about yourself from either of these experiences?

Jenny talks about why we can't "fake reps". Play devil's advocate - do you believe there is a situation or skillset in which direct experience isn't required?

Why does Jenny argue a leader has to be a hero and a villain simultaneously. Do you agree?



## 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](mailto:info@artofcoaching.com)**



# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)