



**ART OF COACHING PODCAST™ EPISODE 166**  
**DR. KATY MILKMAN: HOW TO CHANGE- THE SCIENCE OF GETTING FROM WHERE YOU ARE TO**  
**WHERE YOU WANT TO BE**

Where are you resisting change? Are you stuck in a relationship or career? Do you want to lose weight or quit a bad habit? Describe below...

What barriers are keeping you from changing right now? What has kept you from changing in the past (if different)?

When you need to change, what helps? Are you someone who benefits from seeing facts and figures? Do you need to break it down into smaller components? What's worked and what hasn't?



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**Dr. Milkman has done lots of research on the power of "fresh starts". Do you think there are certain times that you're more open or likely to change? Why?**

**Sometimes change offers us a chance to reset whereas other times it can be anxiety inducing. Describe a time when change was welcomed in your life and then a time when it caused you stress.**

**Let's pretend you have an employee with a phobia of talking on the phone. They default to texting or email and do everything possible to avoid picking up the phone. It's caused a strain on your relationship because it's hard to communicate with them. How would you approach helping them change this behavior? Anything you would do differently after listening to this episode?**



## 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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