



**ART OF COACHING PODCAST™ EPISODE 170
DR. KATIE HEINRICH: BRIDGING SCIENCE WITH SOCIETY- MAKING RESEARCH MORE
PRACTICAL THROUGH PEOPLE SKILLS**

How has interacting in masks affected your communication, if at all?

Think about all of the communities you belong to - why did you join? What were key tactics that community utilized to make it appealing and easy for you to join.

Now think of a community you DIDN'T join. Why?



What's your perception of the term "soft skills"? Do you think it's important that we refer to communication and behavioral change tactics as "soft skills" so as to relate to / capture more people even if it doesn't accurately represent the skillset?

How do you decide what opportunities to say no to? What's your strategy for saying no so as to not burn a bridge to future opportunities?

When, if at all, is it okay to give up on a student or someone you mentor? If your answer is NEVER, ask yourself this instead- what's the difference between guiding someone / helping them and possibly facilitating learned helplessness if they never get out of their own way?



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.



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