



**ART OF COACHING PODCAST™ EPISODE 174**  
**CHRISTINA MYERS: RETHINKING HOW WE APPROACH COACHING FEMALE ATHLETES**

How do you approach dealing with a perfectionistic or highly intellectual athlete, colleague or family member? What approaches work well when trying to change their behavior? What doesn't work?

Did any of Christina's suggestions about the training of female athletes surprise you? Do you agree/disagree with her opinion on the training of female athletes?

How do you think we should approach coaching male and female athletes? Where should we draw a line between observing differences and ignoring them?



Christina has a different coaching style than many would expect of someone who works with elite powerlifters. How do you describe your coaching style? Is there a population you think would benefit from it that you hadn't thought of previously?

Authoritarian style coaching used to be much more prevalent. Do you think it's on the way out entirely? Do you think it will return in any fashion?

Do a quick inventory of the people you spend the most time with. Do they still serve you? Do they have similar goals, values?



## 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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