



**ART OF COACHING PODCAST™ EPISODE 177
DR. JOSEPH COYNE: BUILDING BUY-IN WITHIN A FOREIGN CULTURE**

In this episode Brett talks about the similarities between the fields of finance and performance. Take a stab at doing the same for your field & another profession...

Brett and Joseph discuss the difference between internal and external loading in sports performance. What would be sources of internal and external load when it comes to communication and leadership?

If you were to join a team or assume a leadership position in a foreign country, what would be your plan for Day 1?



Understanding the importance of buy-in and trust is one thing but actually building them is another. What strategies have you found successful?

What roles do you play in your daily life (parent, spouse, professor, architect, neighbor, son, etc.) How do you effectively context switch between them?

Do you agree with Joseph that all good leaders share a few common traits and so long as you have enough domain knowledge, you can effectively lead in several different domains?



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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