



**ART OF COACHING PODCAST™ EPISODE 184
PATRICIA MADSON: HOW IMPROV HELPS THE WORLD'S BEST THRIVE IN SPORT,
BUSINESS & BEYOND**

Have you ever done improv? Have you ever heard of using improv as a tool for interpersonal skills? If so, in which domain? Describe improv in your own words.

If not improv, what other tools do you think could be used to make someone a better communicator, listener or observer? Do not answer "communicate more".

What principles, rules and/or maxims you remember Patricia mentioning in the episode? Explain each in your own words.



Do you agree with Patricia that it's paradoxical to try to plan (anything) when you're improvising? What's the purpose of her rule to "stay on course"?

At Art of Coaching we have a saying - "Life is Improv" - meaning we never know what's going to happen in our day, what someone is going to say and how we are going to respond. What's an instance of "life is improv" that you've observed recently (i.e. describe a moment you could NOT have predicted before it happened). How did you respond to it?

Would you jump in and try improv immediately or would you have reservations? What would make you hesitant to try improv? What would make you comfortable?



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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