



**ART OF COACHING PODCAST™ EPISODE 187**  
**ARCHETYPES: WHAT THEY ARE, WHAT THEY AREN'T & HOW THEY HELP US GROW**

Do you think it's okay to give someone a temporary label or assign an archetype to help explain behavior? Why or why not?

Forget archetypes for a moment, what generalizations do you tend to make about people? How do you classify yourself? (I.e. Foodie, Sporty, Nerdy?)

Why is it important to have a framework for understanding people even if you know behavior isn't static nor can it be completely generalized?



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Give three examples of archetypes mentioned in this episode and a person you know (or see in media) who represents or illustrates each.

How can understanding archetypes help us see a broader perspective of human behavior / possibilities instead of a narrower one?

What questions or comments do you still have surrounding the archetypes? What could be made clearer about this framework? Email us: [info@artofcoaching.com](mailto:info@artofcoaching.com)



## 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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