



**ART OF COACHING PODCAST™ EPISODE 192
ELISABETH OEHLER: TOXICITY IN COACHING CULTURE- HOW TO COMBAT IT**

Do you work with any younger people right now (<20)? What's most different about them? What aspect of the age gap do you struggle with the most?

How do you actively work to make your environment engaging, exciting and positive for the individuals you work with? What else do you think you could try?

When working with individuals older or younger than yourself (or even those of a different background culturally or geographically), how (if at all) do you change your approach? Is this a conscious or subconscious tactic?



How do you approach athletes or colleagues that appear lazy, unmotivated or who are closed down because they have experienced some sort of trauma?

When dealing with criticism or differences in opinion (either online or in person) what's your go-to strategy? Do you ignore it, use it as a gauge but not react one way or another, or take it to heart?

Would you consider yourself a life-long learner? Does this apply to all aspects of your life or are you only open to true learning in a few 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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