



ART OF COACHING PODCAST™ EPISODE 200
WHAT TO DO WHEN TRYING TO HELP MAKES THINGS WORSE

Think of a situation in which you tried to help someone unsuccessfully. Let's walk through the questions mentioned in this episode to determine where you can improve your strategy for next time!

What was the headline of the problem? Simplify to one sentence:

What was the ideal outcome in this situation?

What did you want? What did the other person want? How did you know?



What influence tactics did you try and why did you pick those?

What environment did you approach them in? What was the context?

Where might have YOU been the problem?

Why is relatability and trust essential when trying to influence someone?



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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