



ART OF COACHING PODCAST™ EPISODE 209
**LACEY JAI HENDERSON: BEATING CANCER, BETTING ON YOURSELF & RE-
DEFINING DISABILITY**

Describe an experience you've had with adversity. How did that change you or your communication style? What's different about you following that experience?

How do you like to be coached? Do you do better with a more direct style (like Lacey)? A more hands off, autonomous style? A comforting supportive style? Describe below.

Brett quizzes Lacey on her drives. Which sounded most like YOU? How do you think that affects your communication? You can take the actual quiz here - artofcoaching.com/whatdrivesyou.



What's your approach to communicating with a group of people different from you (especially those characterized by a certain label such as "disabled")? Do you approach them differently? Do you ask them how they'd like to be addressed? What's your strategy here? Do you think there should be a difference in strategy?

Why does Lacey claim that berating people for sharing their opinion (even if wrong) is unhealthy and can stunt our growth as a society? Have you ever done this to someone because of an opinion they held?

What was your biggest takeaway from Lacey's episode? Did she challenge you to think differently about anything?



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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