



**ART OF COACHING PODCAST™ EPISODE 213
JULIANNA PEÑA: BEING COACHABLE AND CAPITALIZING ON THE MOMENT**

What are the three things you look for in someone you work with or hire? How can you tell if someone is trustworthy? What's your B.S. filtering process?

Julianna says that in fighting a “closed mouth doesn’t get fed”, meaning if you want something, you need to speak up. In your field or life, where is it important to speak up more? Where else in life is applicable? Where is it not?

Do you think it’s better to stay in the shadows and let your brand or reputation speak for itself or share what you know with the world? Where's the balance?



What's the difference between liking and respecting a colleague or coach? Do you need both or can you have successful relationship with just respect? Explain.

Do you think it's possible to do the wrong thing for the right reasons? Explain.

Julianna says she sometimes struggles coaching athletes who aren't like her. How do you manage athletes, colleagues, children that have a totally different motivational style? What's your approach?



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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