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**ART OF COACHING PODCAST™ EPISODE 248**  
**KIRSTEN AHRENDT: THE BENEFITS OF FEAR, FAILURE, & IMPROVISATION IN**  
**COACH DEVELOPMENT**

In your relationships, do your words and actions foster or hinder failing forward? Describe a specific example of what you did and/or said and how that impacted the environment or relationship.

What specific steps can you take immediately to promote "failing forward" in the different areas of your life?

Do you consider yourself to be a curious person? In what areas of your life do you feel it may benefit you to be more curious? In each area, give a specific question you could ask/ investigate to act on that curiosity.



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**What ideas have you had in the past that you never saw to fruition? What prevented that?**

**What ideas do you have today that you can take action on? What specific steps can you take to see your idea through?**

**Kirsten believes that iteration is a great way to practice the skill of creativity and resourcefulness. With your current responsibilities, what constraints can you put on yourself to practice your creative problem solving skills?**



## 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.



**Art of Coaching Podcast™**  
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