



ART OF COACHING PODCAST™ EPISODE 276
UNMASKING INSECURITY: FROM UNDERSTANDING TO OVERCOMING

In this episode, we covered 10 different personality models, or archetypes, that outline how insecurities can manifest in our lives. For each of the below archetypes, describe a situation in which you or someone you know showed these tendencies, and make a note on how you can manage them the next time they show up.

1. Perfectionist: holds themselves to unrealistic high standards; detail oriented, rigid, and organized with the root cause being an overwhelming fear of failure

2. People Pleaser: overly concerned with the opinions of others and will go to great lengths to be liked; can struggle to assert their own needs or accept help

3. Overcompensator: display exaggerated confidence; become aggressive when their status is threatened

4. Procrastinator: delay tasks or conversations out of fear of being judged

5. Loner: avoid social situations altogether rather than risk being judged

6. Critic: project their own insecurities on others in the form of criticism & judgement



7. Underminer: constantly undermining others to feel better about themselves

8. Controller: won't put themselves in situations where they don't feel in control

9. Clown: uses humor as a defense mechanism to deflect serious or personal conversations

10. Chameleon: constantly changes attitudes, behaviors and beliefs to fit in

11. After reviewing the archetypes, where do you see yourself most? Think about your responses in different contexts and in different states, i.e. a regular day at work or at home vs a pressure situation. Identifying these tendencies is a key piece to personal growth and your ability to see your own blindspots and help others.



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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