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**ART OF COACHING PODCAST™ EPISODE 296**  
**LISA FELDMAN BARRETT: RETHINKING EMOTIONS IN LEADERSHIP AND LIFE**

What complex concepts do you seek simplicity in? In your efforts to simplify it, has the concept become warped, inaccurate, or misunderstood by others? In what ways?

Dr. Barrett makes the point that variation is the norm and averages are fiction. Keeping that in mind, list 3 examples of areas where that information might change the way you see or approach them.

Essentialism states that there is a one size fits all - a checklist of characteristics that make a leader good or bad. In what ways do your leadership position(s) not follow this theory, requiring you to be flexible?



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Understanding emotional constructs and how people perceive their feelings can help us navigate social situations. In the different areas of your life, how does this knowledge change the way you might approach an interaction?

Reflect on an experience where you were nervous or anxious about something. List 5 strategies you could have used to change your perception and meaning of that unpleasant feeling, or “get your butterflies flying in formation.”

Think of a time when you misinterpreted someone’s body language or facial expression. What did you do/ how did you respond to that assumption, and how did it affect the outcome of the situation? Knowing that your brain only guesses the meanings of these things, how would you gain clarity in that situation if you could turn back time?



## 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.



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