



**ART OF COACHING PODCAST™ EPISODE 299:
HOW TO QUIT BEING A PEOPLE PLEASER**

Which of the quotes resonated most with you and why? Did it make you think of any particular person, experience, or emotion? Does it motivate you to any particular action or change in perspective?

There is a difference between empathy/ compassion and people pleasing. One is motivated by understanding and the other by fear. List out an example from your life that would fall into each of those categories.

What Drives You? If you haven't taken this quiz yet, or haven't done so in a while, take it again. Based on your results, what are some of the snares you get caught up in that could emerge as people pleasing behaviors?



A brief summary of the root causes covered in the episode are: social conditioning, fear of conflict, insecurity/ self-worth, organizational culture, and sense of achievement. For each root cause, list a real-life example where you've seen each of these result in people pleasing behaviors, either by you or someone else.

In each of the above instances, ideate a behavior changing strategy that would work well in each particular scenario. You can use the example strategies given in the episode or come up with another creative solution on your own.

Standing steadfast in our values and prioritizing principles over popularity requires us to first know what our limits, boundaries, and values are. Create a list of at least 5 things you would add to this list to help you make better, more aligned and more consistent decisions in the future.



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.



Art of Coaching Podcast™
info@artofcoaching.com



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)