



**ART OF COACHING PODCAST™ EPISODE 311:**  
**HOW SHARING YOUR FLAWS IMPROVES CREDIBILITY**

Describe a time when someone shared their flaws with you. How did it influence your perception of them and why? What factors played into your perception before and after that experience?

Describe a time when you have shared your own flaws or insecurities with someone. How did it affect the situation and why?

List 3 relationships you are currently in that you would like to build or enhance. What flaws have you shared and how did it change the relationship?



---

**In those same 3 examples, what flaws haven't you shared? Why not? What are you risking by opening up? Is it worth it to not share them?**

**How might acknowledging your own flaws make you a better leader outside of the above examples?**

**How can you balance being open about your flaws without undermining your own credibility? Write out a script of how you might approach this in each of the above examples.**



## 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](mailto:info@artofcoaching.com)**



# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)