



ART OF COACHING PODCAST™ EPISODE 316:
WHY POSITIVITY ISN'T ALWAYS THE ANSWER

Think of a time when you were expected to be happy or stay positive, despite being in an adverse situation. What were your emotions and what role did they play in your ability to manage the situation?

List the 6 primary emotions. Out of these 6, in which state do you tend to be most productive? Most creative? Make the best decisions? Which emotions are most detrimental to those skills?

Have you ever given someone generic, positive attitude marching orders? Write out two responses you could use instead that allow other emotions to be a part of the solution.



Reflect on a situation where these so called “negative emotions” improved an outcome. How was this different from times when you forced positivity?

Research shows that in certain contexts, people want to be spoken to in a way that feels real and genuine. What can this teach you about how you interact with those you lead?

Describe a situation when people did not perceive you to be genuine or real. What elements of your behavior and/or communication strategy contributed to that perception? List an alternative option to each element that could have helped your message be perceived in a more genuine and real way.



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](#)