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**ART OF COACHING PODCAST™ EPISODE 321:**  
**PRACTICAL STRATEGIES FOR SETTING & MANAGING EXPECTATIONS**

Reflect on a time where either an experience or product did not meet your expectations. What did that feel like? Where did those expectations come from?

If you were on the opposite side of the scenario and in control of the event or product, what would you have done differently to ensure expectations were met?

Has there ever been a time when you thought you had set clear expectations but were still misinterpreted by others? Where did this occur? Who was involved? What was the root of the disconnect?



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**What could you have done different in your preparation to increase your chances of a better outcome?**

**How can you ensure your own personal biases don't effect the way you set expectations? Are you making any assumptions about your audience or team's level of understanding or willingness to accept your message?**

**List 2-3 things you'll do differently next time you attempt to set new expectations in your personal or professional life. Map out at least one speaking point you can deliver to connect your stakeholders to your cause.**



## 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.



**Art of Coaching Podcast™**  
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# Art of Coaching Podcast™



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