



ART OF COACHING PODCAST™ EPISODE 327:
CHANGE MANAGEMENT: WHAT TO EXPECT & MISTAKES TO AVOID

Think back to a time when you were brought into a new environment to institute change, or maybe this is the situation you are currently in. What were or are the big goals you need to accomplish?

Describe your stakeholders. Who are they and what do you need from them to achieve the goals you're aiming for? What is your initial pitch to get them on board?

What will you do when you face resistance? What role do other people's drives and expectations play in their willingness to follow your vision?



List 3 smaller goals you can achieve as you progress toward your ideal goals. Make them progressive, starting with an “easy win” and build upward.

Why would others not buy into you? Use this space to do a premortem. How does other people’s perception of you affect your ability to lead them?

List some traits you possess or accomplishments that led you to be entrusted as an agent of change, that you can keep front of mind when things get hard. How did a past failure force you to adapt and become the leader you are now? How do you see yourself evolving 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.



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