



ART OF COACHING PODCAST™ EPISODE 347:
DR. EMMA HITE: MANAGING MOTHERHOOD, EXPECTATIONS & LIFE TRANSITIONS

Think of a significant life change you've experienced or are currently navigating, whether personal, professional, or a combination of both. What is the change, and what are the three biggest challenges it has presented for you?

What communication styles best describe you and your partner? How do your styles complement or challenge each other? Will the onset of stress change how you communicate, and how can you account for that?

List 3-5 needs that must be met for you to feel whole, especially as you navigate a changing life path or transition? Have these been clearly expressed to your partner, and if not, how can you ensure they are communicated effectively?



What concrete, actionable solutions can you and your partner employ to ensure these needs are consistently met? How can you maintain open communication and accountability to support each other effectively?

Which aspects of your self-image do you see yourself preserving, and which ones do you foresee having to sacrifice as you evolve? How will you manage these changes to maintain a sense of “balance” and identity?

How can you use the idea of wearing different hats or embracing multiple identities to keep your career and personal life from spilling into one another? What strategies can help you give each area the attention it needs without overwhelming the other?



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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info@artofcoaching.com



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