



ART OF COACHING PODCAST™ EPISODE 348:
TEX MCQUILKIN: STRATEGIES FOR DEALING WITH POOR COACHING & FEEDBACK IN SPORT

List and define the two types of augmented feedback discussed. How does your communication differ in the heat of the moment versus during a performance review, and how can you make it more impactful in both settings?

What steps can you take before a game or evaluation to help those you lead understand how to best receive your feedback? How will you adjust if they push back or challenge your approach?

Outline what you could do to hold yourself accountable as a coach or leader in the form of a self-assessment. Nothing beats recording yourself, but if that isn't an option, what other methods could you use to evaluate how you give feedback?



Based on your self-audit, what steps could you take to diversify your skillset? If you notice an imbalance, how might you use strategies from the opposite end of the coaching/leadership spectrum to increase your effectiveness?

What traits, often seen as 'dark'—like shame, guilt, or ruthless competitiveness—do you harness as a source of internal drive to perform at a higher level? How do you ensure these traits remain constructive rather than destructive?

Consider unconventional sources, like those we discussed—whether from horror movies, football, or elsewhere—to inspire genuine improvement. How can you use these influences to take different actions for different results? How will you turn this reflection into real growth and change?



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



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