



ART OF COACHING PODCAST™ EPISODE 382:
WHY “HOW CAN I HELP” ISN’T ALWAYS HELPFUL AND WHAT TO DO INSTEAD

Reflect on the last time someone asked, “Is there anything I can do to help?” when you were truly overwhelmed. What’s your initial reaction when this happens?

Since needs vary based on the person and their skills in relation to the task, what do you actually need in those overloaded moments? Is there a constant in your life that always needs tending to when the pressure ratchets up?

Flip the script—when was the last time you were the one asking how to help? What specific actions could you have taken that didn’t require permission, but still would’ve made a difference?



The world could use more people who genuinely show up for others. Look at your circle of friends and loved ones—how can you consistently and realistically go above and beyond, setting an example that might inspire similar behavior from those around you?

Let's go back to those moments when someone asks how they can help. Use the space below to jot down a few default responses. Think back to question 2—are there any recurring daily tasks that always need coverage?

When life is at peak chaos, how can you respond to well-meaning people with honesty and grace—even when your willpower is drained? Remember, even if they can't help now, the goal is to preserve the relationship and keep the door open for future support.



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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