



ART OF COACHING PODCAST™ EPISODE 387 :
HOW TO DEAL WITH DEFENSIVE PEOPLE WHO PROJECT

Do you want to change careers or feel pulled to alter your professional path? What is it about your current situation that's making you look elsewhere? Maybe it's not discontentment—but a calling you've always felt. Give your situation context below.

What energizes you? What topic could you give an hour-long TED talk on right now, no notes? Passion matters—but this runs deeper. What direction are your patterns of interest and energy pointing you?

What skills are you confident in that you can lean on as you explore other interests? Just as important—what are your non-negotiables, values, or life priorities that this new path must align with?



How can you dip your toe into this new venture without blowing up your current life? Bold action has its place, but so does strategy. Who could you contact to get your foot in the door? What does persistence look like if things don't click right away?

Take stock of where you are right now. If your ultimate goal is to reach the pinnacle of your field or run a thriving business, what does the path look like from where your feet currently stand? What one or two bridge jobs or milestones will you likely need to hit along the way?

List the options you're evaluating and place each into one of three buckets: Low Risk (safe move), Moderate Risk (stretch play), and Big Dream (the scary, ambitious leap). Which path deserves your next step—and what action can you take right now to move toward it?



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™

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