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**ART OF COACHING PODCAST™ EPISODE 388 :**  
**HOW TO DEAL WITH HATERS**

Who's the first person that comes to mind when you think of someone who unfairly criticized you? What exactly did they say or do, and how did it affect the way you showed up in your work or relationships afterward?

Think about a time when you gave too much oxygen to a comment, review, or reaction that didn't deserve it. What made it stick with you, and what did it end up costing you—mentally or emotionally?

Now flip it. What's one piece of criticism you've received that actually helped you grow? How did you know it was worth paying attention to, and what was different about how it was delivered?



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**Are you currently letting past or recent criticism shape your tone, strategy, or creative decisions? Be honest—are you adjusting to improve, or reacting out of fear of more backlash?**

**When you face criticism, what's your default pattern—do you get defensive, try to prove people wrong, ignore it completely, or internalize it? What might that habit say about how you view yourself?**

**If someone followed you for a week, would they see someone staying consistent and building—or someone distracted by trying to win over people who were never on their side to begin with? Haters fade. The only question is whether you keep moving forward—or fade right along with them.**



## **Art of Coaching Podcast™**

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### **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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## Art of Coaching Podcast™



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