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Context to the nugget

Matt discusses how he stays on top of adjacent disciplines such as nutrition, sleep science, strength and conditioning and other related topics to be relevant in the work he does. He also reflects on the learning opportunities in working with the athletes and coaches that he trains at Purple Patch Fitness.

Transcription

Deepak Jayaraman (DJ): What have you learnt about the coach and coachee fit if I may use the term different athlete requires different styles of coaching and probably different types of coaches? So in your experience in purple patch and as an athlete yourself how do you think about finding the right fit now at purple patch how do you think about it?

Matt Dixon (MD): Well it's something that we talk about a lot Deepak with the acknowledgement that "I am not for everyone we are not for everyone" and there are obviously different styles of coaching but I think the heart of it many ways the question is what is the most successful style of coaching that is always present or what are the key components from effective coaching relationship and I think that it's very different to coach young children versus adults. So, if we decide that we are going to be coaching adults which what we are talking about here. We have to acknowledge that hopefully that adult is evolved. When you are coaching a very small child, they don't have the wisdom their capability for critical thinking really the opportunity to contribute in a meaningful way and so our job as parents or as coaches of children is to block and tackle and sort of the very direct coaching methodology. But if we answer the question in terms of adults there is always a way component that we are looking for collaboration not a dictatorship and so I think that it is really important for both coachee and coach to realize that they both have a role to play in the partnership and what that means is that there has to be communication and accountability on both sides. So beyond the main pursuit we have to we have to really look to put at to centre that the key is honesty and truth and ensure that there is a communication happening and I think that's the critical component for the coach to find whether they can communicate with the athlete or the person that they are guiding. But also, the coachee to understanding noise that have a role to play in that pursuit as well and I think that's really critical element of finding the appropriate coach for you ultimately.

DJ: In one of the conversations as I was doing the research for this podcast you talk about the coach's openness to being coached as one of the elements of a successful coach coachee relationship and I found that fascinating. We often see this is a one-way street where the coach is coaching the coachee but I really liked the way you framed it saying you know even the coach need to be open to receiving coaching so talk to us a little bit about how that plays out in the purple patch context?

MD: I think it's a fundamental tenant of how I go about coaching in many ways Deepak and I think it really fits in two channels. The first is the same is characteristic for a CEO, an executive or world class athlete is always thirsty for growth and he is always looking to understand why and develop and quite often as you say people come to coaches and think that they should have all of the answers and so the coach ends up in full confidence often standing up almost like the Wizard of Oz and saying this is how you should do it but the truth is that the coach is get into water if as soon as they start thinking they have all of the solutions and so the first part of it is a coach's quest to really try and surround yourself in experts in particularly as a field that you can draw from to help your own personal growth. In the same ways if leaders need leaders and then coaches need coaches and all the time I apply and realize hang-on it's not my role to be an expert in every domain of performance. So in my role that might be nutrition or sleep or time zone on adjustment physiology or strength and conditioning whatever the components might be it's much better for me to learn and evolve and draw from experts in that field and going toward to the leading neurologist so that I can draw and understand more about sleep quality so that then I can fill and try to apply and putting context for my athletes and CEO's so there is that part of personal growth but a second part of growth also comes from the people that you are leading and probably the most valuable lesson that I have received as a coach is from observation and from understanding and from listening to my athletes and CEO's and that comes from me personally in two areas and that thing called wisdom in coaching. But as a coach you can only grow and learn through observation and listening. If you are listening and if you ask questions and so effective coaching for me isn't just telling people what to do and that's why I come back to that collaboration stand point. You have to have the courage and the vulnerability which I think is actually a strength to ask questions to see how they feel to find their perspective and to look and observe and grow and so the only way to be an effective leader or coach is to always be in the cursive of learning even all ultimately you are the one who is setting the path and I guess the final component that I might say with many people that I worked with let's take a leading CEO very busy has a highly complex life and they come to me for help inject fitness, health and all of the habit's around performance and health into their life and so I am educating, I am empowering, I am creating a solution that can integrate into their life so that they improve at the same time I'm looking to draw from the lessons and the behaviour because ultimately they are successful in something parallel and so it's always an opportunity to look and learn and observe but if I am just broadcasting I'm never gone achieve that rich award as a coach.

Reflections from Deepak Jayaraman

DJ: People often ask me why I do the podcast given there is abundance of self-development content out there; it actually comes from a place of curiosity. Apart from the fact that I am creating a body of content which is hopefully of value to the wider community, my primary intent actually is to go on a learning and development journey over the long term and talk to people across adjacencies (Sportsmen, Artists, Coaches, CEOs, Thought leaders and more). It is a real privilege to learn from these conversations. It has also been immensely fulfilling to connect the dots across the various conversations and form patterns and bring them to bear in the coaching work I do. As Matt says, each coaching journey is a two way conversation. For me each of the individuals I have worked with and each of the podcast conversations has been a great opportunity for me to reflect and grow. If you have listened to a few conversations at the podcast, hopefully you feel the same way too.

The other point I should make is that when I come across as Coachable or open to Input with my clients or coachees, it does deepen the trust levels in the relationship and that in turn drives up the effectiveness of the coaching journey!

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End of nugget transcription

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Matt Dixon - Nuggets

- 46.00 Matt Dixon - The Full Conversation
- 46.01 Matt Dixon - Coaching CEOs and Elite Athletes
- 46.02 Matt Dixon - Coach Coachee relationship
- 46.03 Matt Dixon - Athlete to Coach to Entrepreneur
- 46.04 Matt Dixon - Forced growth - plugging the weaknesses

- 46.05 Matt Dixon - Toughness is not a differentiator
- 46.06 Matt Dixon - Expanding the mental reservoir
- 46.07 Matt Dixon - Visualization as a technique
- 46.08 Matt Dixon - Dealing with the "wall"
- 46.09 Matt Dixon - Rest, Sleep and recharge

About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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