

Podcast Episode

# WorkedUp: The Art & Science Of Executive Coaching

August 21, 2019

In this episode, Matt Steinberg welcomes Executive Coach Deanna Senior, PhD. As a follow-up to our last WorkedUp episode about mental health and work, in this wide-ranging conversation, Matt and Deanna discuss organizational behavior psychologists' increasingly important role in today's workplaces. Deanna weighs in on the value of having "career conversations" with employees at every level within an organization (hint: these are different than performance evaluations), how to best identify key performers and provide them with highly personalized coaching, the benefit of full 360-degree feedback reviews (another hint: this might include speaking with executives' spouses and family members), the pros and cons of "group coaching," and much more.

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## About the Akerman WorkedUp Podcast

The Akerman WorkedUp Podcast explores the ever-changing employment law and human resources landscape and features a diverse set of guests, including defense lawyers, plaintiff-side lawyers, in-house counsel, business executives, government agency representatives, and other thought leaders. Hosted by Akerman Labor and Employment partner, Matt Steinberg, WorkedUp combines candid discussions, practical insights, and comic relief for

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