



**ART OF COACHING PODCAST™ EPISODE 1
WELCOME TO THE ART OF COACHING**

It's often thought that coaching is a term only reserved for those who work with athletes, but Brett mentions coaching is also management, teaching and what else?

What has the term “coach” meant to you in the past? Has that changed in any way? If so, how?

If you were to create a podcast today, what would be the theme and what key points would you hope to get across?

Brett discusses the term “buy-in” and what it is synonymous with. What does he say is the key synonym here?



What does Brett mean when he discussed the importance of context and the “grey area” in leadership?



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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