



ART OF COACHING PODCAST™ EPISODE 12
MIKE MEEGAN: AN ARMY RANGER'S VIEW OF TRUE LEADERSHIP & MENTAL "TOUGHNESS"

Leadership is not the action of one person; equally important is the culture, environment, and people around the leader.

Fill in the Blanks: Leadership is ____? Leadership is not ____?

Do you believe popularity is an important tenant in being an effective leader? Why or why not?

What principles do you measure a leader against? Do you use these same principles to measure yourself? Is this a systematic and frequent process? Explain.

Brett and Mike discuss mental toughness vs. mental resilience, referring to mental resilience as self-reflection after a failure. What was your last failure? What lessons were learned?



What ways do you challenge yourself outside of your immediate environment?

What ways do you check the morale your environment? List 3 examples.

What are things you previously thought were weaknesses but now think as strengths?

What is something you would tell leaders at the highest level to make an impact on 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.



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