



**ART OF COACHING PODCAST™ EPISODE 13**  
**JAMIE LAFLER: PATIENCE, SELF-PRESENTATION & EMPLOYABILITY**

Everyone has a pivotal moment in their career. Looking back on your career or even your education, what was a pivotal moment for you and how did that moment set you up for success?

Jamie talks about the millennial mindset. What kind of advice would you give someone of that age when talking about being in your field? What expectations would you set for them?

Jamie and Brett have talked about giving time or giving something to your profession to pay it forward. In what ways have you paid it forward

When was the last time you re-evaluated your situation? What do you think that you would tell your younger self about your journey and what to expect?



## 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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