



**ART OF COACHING PODCAST™ EPISODE 14
NOËL BRAND: STRAIN, SACRIFICE AND SELF-AWARENESS**

What does “the mind is primary” speak to within the context discussed within this episode?

Brett asked Noël why it seems to be so difficult to help people become more self-aware?

Self-reflection is critical for all of us to partake in, but it is often bypassed completely and taken for granted. Do you have a process for self-reflection? If so, list it below. If not, describe a process you believe you may utilize or call-upon in the future

True or False: Noël states that it is important for us to work on our weaknesses?



Noël mentioned that in the past, he would get frustrated whenever someone would ask him “WHY” they were doing something during a training session. He believed they were challenging his authority or conveying skepticism. Has this ever happened to you? Do you believe that the age of the individual asking would have impacted your response to their inquiry? Why or why not?

In your opinion, what is the difference between hearing and listening? Why did Noël say that he struggles with listening as a skill?

Brett’s course [Bought-In](#) features a coaching assessment and evaluation sheet, do you or your staff currently have a means of evaluating your staff both individually and collectively? If so, consider the questions below:

- What are the categories?
- Why did you choose these categories?
- How often do you evaluate?
- How did you choose the scoring system?
- Most importantly, what does the follow up on this evaluation look like?



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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