



**ART OF COACHING PODCAST™ EPISODE 16
BRAD STULBERG AND STEVE MAGNESS: THE PASSION PARADOX**

Burnout has become a pan-domain issue across high-performers. What are a few of the reasons discussed within this episode that we are seeing increases in burnout?

Do you believe that burnout is simply just a manifestation of being in the wrong field or the wrong state of mind? Why or why not? What is the sunk cost fallacy, and what are some possible links it may have with burnout?

Brett mentions that there are three types of commitment. What are they and how are they defined?

Fill in the blank: Brad mentioned that the Passion Paradox often starts out as someone doing something because they want to. They love this thing, it brings them joy and feel truly purpose driven carrying out the task. As they get better at it, they may start to receive _____ validation which can eventually lead to them feeling like they _____ to do this.



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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