



**ART OF COACHING PODCAST™ EPISODE 19
VALUED**

What does Brett mean by “periodizing your career?”

The study of burnout originally had its roots in what field?

Fill in the blanks: Burnout is a _____ syndrome developed in response to chronic emotional and _____ stressors on the job.

What are the three dimensions of burnout that Brett mentions? Have you ever experienced any of these dimensions yourself? What do you believe exacerbated this issues?



Fill in the blank: The central quality of burnout is _____ exhaustion.

Fill in the blank: Cynicism and detachment represents the _____ dimension of burnout.

The following factors have been shown to impact one's perception. Fill in the blanks of any missing piece mentioned within this portion of the episode.

- **Habits:** Their usual responses to a given stimuli
- **Motivation:** What is the individual's desires, agenda, beliefs?
- **Locus of Control:** How do they feel about what happens to them? Do they favor more of an internal or external locus of control?
- _____: Are they aware of their own judgemental tendencies and biases
- **Social Background:** How experiences from their background (personal or professional) impact their viewpoints and frame of reference.
- **Media/ _____Agents:** We are all greatly impacted by the stories were are told by others and the influence of groups



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™
info@artofcoaching.com



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