



ART OF COACHING PODCAST™ EPISODE 22 THE VALUE OF SELF-DOUBT

Self-doubt is an indelible part of human nature. Very rarely will all of us meet our own expectations, or be truly happy with everything we do or produce. That said, it is always better to fail when trying to progress than it is to sit idle on the sidelines: what is the most critical task that you have abstained from completing due to self-doubt?

What is “imposter phenomenon?”

If you could create the ideal practice scenario for the specific skills you are looking to enhance, what would that environment look like?

What if it was literally impossible for you to fail- what are the top 3 things you would attempt right now?



What community tends to experience imposter phenomenon the most?

Why do you believe that so much of society feels the need to put on a “front” as it pertains to both their competency and overall competence?

What did Brett say helped him tremendously as it pertained to his feelings of productivity and the anxiety he used to feel

What are the “3C’s” Brett mentions regarding information overload? Provide an example of your own for each.

- C _____
- C _____
- C _____



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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