



**ART OF COACHING PODCAST™ EPISODE 24  
ROY HOLMES: EMBRACING THE GREY AREA**

**In your own words, why do you do what you do?**

**As a follow-up to the previous question, who are you doing “it” for?**

**When did you have your first true “a-ha” moment as it pertains to the current path you are pursuing? What do you believe contributed to this epiphany?**

**Do you believe that one must be a little bit selfish before they can truly be selfless? Why or why not?**



**We all like to believe that we are able to leave the places we have worked at, and the people we have worked with better than they were when we found them. How do you personally determine the impact you have made with a team, organization or with an individual?**

**Are the key performance indicators you mentioned above something that can be objectively measured in any way? If so, how? What might that look like in other fields?**



## 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™**  
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