



## ART OF COACHING PODCAST™ EPISODE 43

### DANNY MATTA: UNDERSTAND WHAT YOU'RE WORTH

What were your three primary take-aways from this episode, and why did these points in particular stand out to you?

Danny and Brett talk about sabotage and how both self-sabotage and other forms can wreak havoc on our progress both personally and professionally. Describe a situation where you have got in your own way and how you handled it.

We are all influenced by our past experiences. What are some of the predominant experiences that you believe have shaped your perspective the most in the past 3-5 years? How have you tried to pass these lessons on to others (if at all)?

Danny mentions that his level of comfort talking about money to those who inquired about his services was a major barrier for him early on. Danny did not believe he was worth a certain dollar amount until someone insisted otherwise. What are some of your own inner barriers you have created which may be holding you back?



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As practitioners we all want to better our field; to leave a positive and helpful legacy. What 3 things are you doing right now to establish yourself as someone who is leaving their chosen field a better way?

It is hard to make progress if we are never truly holding ourselves accountable. Sometimes it takes a friend, other times it may take experiencing failure. Regardless, many of us do not make a change or follow-through with something until we have put skin-in-the-game and have someone or something to answer to. What are 3-5 ways you are currently holding yourself accountable?



## Art of Coaching Podcast™

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### 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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