



## **ART OF COACHING PODCAST™ EPISODE 48 GARRETT MEDENWALD: MANAGING A LONG-DISTANCE MARRIAGE**

Garrett and Brett discuss the logistical challenges when taking on new opportunities. Thinking back to your own experiences, what challenges have you faced and what strategies did you use to get the most out of the new opportunity?

Often times when taking on a new opportunity, it comes at the expense of spending time with family and significant others. How do you manage your own experiences and if applicable, how would you address this in the future?

The day-to-day interactions with athletes are critical opportunities for coaches to learn more about their players. Garrett calls these interactions ways to act as a buffer between the athlete and the head coach and act as a big brother. How do you address these situations in your environment and what lessons have you learned from them?

Mentors are sought out for advice and to help you see the bigger picture. Garrett mentions searching for uncommon mentors, ones outside of the day-to-day. What characteristics do you focus on when searching for a mentor(s)?



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The topic of accountability comes up in every industry. How do you personally define accountability? How do you hold yourself accountable and what areas do you excel and struggle?

After listening to the episode, what resonated with you the most?



## 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.



**Art of Coaching Podcast™**  
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