



ART OF COACHING PODCAST™ EPISODE 49 PRODUCTIVITY MATTERS

Brett mentions that he uses a mirror to list his 7 value based categories for a productive day. What would be on your mirror, or otherwise “front and center” in regards to your values based categories?

It can be difficult for people who are on a never-ending pursuit to learn more and improve to feel like they have done “enough” in their day. What is your strategy for dealing with these feelings?

One of the main categories discussed in this episode is the financial category. What are financial strategies you are currently utilizing in your day to day?

Outside of the obvious necessities of food, water, exercises or things like family- what is one thing you could NOT get rid of? For example, Brett mentions his deep love of music and how it helps him “get away” mentally for a bit?



Why is this so very important to you?



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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