



**ART OF COACHING PODCAST™ EPISODE 7**  
**DR. MATT JORDAN: WALKING THE LINE OF BEING A PRESENTER, COACH & RESEARCHER**

Matt mentions that he struggles when he sees presenters trying to “pull the wool over the audience’s eyes.” What does he mean by this in the context of this interview, and when have you experienced this?

What does the term “expert” mean to you?

Do you believe that in order to be considered an “expert” that formal education is a must? Please elaborate.

What are some suggestions that Matt provides in regards to how to be a good/discerning audience member while watching a presentation?



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Matt mentions a blogpost he wrote where he believes we have far too many “dismissive coaches” and not enough skeptics who require something more to be able to really buy-in to what someone is saying. In your opinion, what are the 5 key traits of a healthy-skeptic?

What are the 5 exercises that Matt recommends in the bonus round of their interview?  
Extra credit if you fill out WHY he recommends them as well.

- Exercise 1:
- Exercise 2:
- Exercise 3:
- Exercise 4:
- Exercise 5:



## 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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**[info@artofcoaching.com](mailto:info@artofcoaching.com)**



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