



**ART OF COACHING PODCAST™ EPISODE 9
MATT BERTSCH: WHY WE NEED TO QUIT OVERLOOKING HIGH-SCHOOL STRENGTH & CONDITIONING**

Fill in the blank: Matt mentions that many of the problems he has faced in the performance setting are primarily “_____ problems.”

When it came to getting buy-in from the coaches that Matt oversaw, (many of whom were significantly older than him), what worked particularly well? How did he win them over?

One of the quotes mentioned in this episode is, “the art and science of asking questions is the source of all knowledge.” What does that mean to you, and what are a few of the best questions you have ever been asked?

Name 2 things that Matt stated helped him stand-out while going through the interview process? Are these strategies you utilize as well? Do you agree with them? Why or why not?



It's easy to come up with ideas, but not every leader has experience managing their organization's budget so that their ideas can come to fruition. What is some of the best advice you have ever received in regards to managing a budget?



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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