



**ART OF COACHING PODCAST™ EPISODE 29  
JEN WIDERSTROM: GETTING OUT OF YOUR OWN WAY AND SCALING YOUR IMPACT**

Brett and Jen talk about how evolving as a professional is necessary if you want to be able to scale the amount of people you are able to help. Do you agree? If not, why?

Who are some professionals in other fields whom you believe to be excellent examples of those who have scaled their impact through evolving their role and/or skill set? What do you believe you can learn from them?

Jen talks about her perspective of what many perceive to be the “peak” of professional achievement, and how she eventually realized her role in The Biggest Loser was not what would ultimately define her. Have you ever shared a similar experience? Have you ever accomplished a goal only to find that, while you were grateful for the experience, it didn’t fulfill you in the manner you originally thought it would? If so, share below.

Perception can be a powerful thing. What factors do you believe shape perceptions of what “the pinnacle” looks like within your profession? Do you believe them to be accurate?



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Also in regards to perception, Jen mentioned just how much television can skew people's reality of what truly goes on behind the scenes. Specifically, she mentioned how *The Biggest Loser* depicted what was, in reality, one full week of training, and made it appear as if it was only 42 minutes. If someone were to only watch on brief segment of your work- what perception may be skewed on their end? What conclusions might they jump to?

Jen talks about her evolution and how some of her perspectives has changed over the years. This evolution in her thought process was needed in order for her to grow. What changes in your thought process or perspectives a 1 year or even 3 years ago have changed? How has this change impacted your career?

Jen talks about Cal Dietz and his willingness to be “wrong.” What instance did you know you were wrong; did you openly acknowledge the error? If you did acknowledge the error, how did you do so? If you did not acknowledge the error, why not? How admitting fault help you evolve?



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Jen talks about the nature of the giver. She also mentions that you have to look at what you need in order for your success because you are your own greatest resource. What do you need? What do you need to face in order for your to grow and evolve?



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



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