



**ART OF COACHING PODCAST™ EPISODE 30  
ANTHONY DONSKOV: THINKING DEEPER: CAN YOU TEACH IT?**

Brett and Anthony discuss the excessive complications of methodologies in the strength and conditioning industry. Instead of overcomplicating training programs, keep it

\_\_\_\_\_.

What are some of Anthony's methods for assessing athletes?

What is the difference between being a contributor versus a criticizer? Which one are you?

How does Anthony describe a successful interaction? Fill in each letter below:

P  
E  
E  
R  
R



**What are the next steps for strength and conditioning coaches?**



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



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