



**ART OF COACHING PODCAST™ EPISODE 32
MIKE GOLIC JR.: ESPN & HOW THE DIGITAL AGE IMPACTS THE LOCKER ROOM**

How would you describe the current social dynamics within your work environment? Describe the personalities, the “codes” that are followed, the beliefs of the organization as a whole. Being as specific as possible helps you to better decode patterns inherent to problem solving and understanding the behavior of others.

How has the way you have handled conflict or misunderstandings changed over the course of your career? What do you wish you knew prior to your career to help you in these social aspects?

Within the episode, Mike talks about how the media has changed the profession but not necessarily what he refers to as the honesty of sports. What in your career has changed or maybe not changed due to the use of social media? How has this influenced your career both positive and negative?



Brett and Mike talk about social media and the influence of telling too much or making your opinion widely known on certain topics. How do you decide what to post, when to post and even time allocation? How do you separate your personal life from your social media life?

Within this episode Mike discusses the concept of control. More specifically, he describes what losing control of a conversation or situation can feel like. Describe a time when you were in the middle of a conversation which, all of a sudden, dramatically spiraled out of control and/or context. What happened? Why did it occur? What could have been done to get it back on track?

Mike talks about the new transfer rules in the NCAA which have made things a bit more complex for how teams manage their players. Using this as a parallel, what mandates or propositions within your field are considered “controversial?” Are these new? Why did they come about?



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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