



**ART OF COACHING PODCAST™ EPISODE 33  
ALAN STEIN JR.: RAISE YOUR GAME & UNCONVENTIONAL LEARNING**

Sometimes, we're not necessarily good at what we're most passionate about. Do you have a passion for something that your skill set hasn't quite caught up to yet? How have you determined whether what you are trying to achieve is even worth it yet?

What are the critical KPI's (key performance indicators) that you adhere to or abide by as it pertains to measuring your progress within your given vocation? How do you/can you validate these?

What is the line for you to realize when things just aren't working? We all know that progress takes time, but aside from patience and perseverance- what else is required for mastery to occur?

Brett asks Alan his views on parallels between sport and the corporate world. Do you believe there are parallels? If so, in what regard? Be sure to use separate examples from those discussed within the episode.



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Is effective leadership interchangeable with good business? Why or why not? What other forms of context might we need to consider in order to answer this question most effectively?

Alan talks about the importance of soft skills. Do you agree with his explanation? Do you think developing soft skills are important and why? How can they be measured?

How did Brett explain that improv and comedy can improve coaching skills? Would you partake in improv?

Brett and Alan discuss the difference between scarcity mindset and an abundance mindset. Which mindset are you currently in now? How do you shift from a scarcity mindset to an abundance mindset? Do you invest in yourself to help shift your mindset?



## 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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