



**ART OF COACHING PODCAST™ EPISODE 35
MARK FITZGERALD: WHAT YOU LOSE BY CHASING RECOGNITION**

Brett and Mark discuss the paradox in which overly modernized or “flashy” training environments may be engaging to some athletes at first, but can often be detrimental to both their long-term focus and “grit.” Do you agree?

Building off the previous question, what role do you think design plays within our psychology? What does the optimally designed workspace look like for you and the population you serve? Consider spacing, color, feel, architecture, imagery etc.

Mark talks about his evolution of becoming an entrepreneur. He says, “The best defense against a recession is _____.”

Mark reflects about how personable his dad was, and how he could “work the room.” What were the examples Mark listed as to how his dad “worked the room”? Do you think you need to be better at this skill? Where are you lacking in particular?



Brett asks Mark about his opinion on becoming a better communicator. Do you actively work on communicating? Is this an area in your life that needs improvement? How will you work on communicating better? (Hint: It helps to attend our [Apprenticeship™](#) program).

Mark talks about some of his fears with respect to finding an appropriate harmony with his family and work? Do you share these fears? Share examples of struggles, as well as any strategies you recommend to others.



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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