



**ART OF COACHING PODCAST™ EPISODE 37  
ANTHONY RENNA: BE LIKE THE BEST**

Brett and Anthony talk about celebrating the small wins throughout life. Write down three of your most recent small wins:

- 1)
- 2)
- 3)

Brett asks Anthony about his struggles with self-limiting beliefs. What are some of yours? How do you plan to get better at eliminating your self-limiting thoughts and behaviors?

Brett and Anthony discuss the “evolution” of the strength and conditioning community. How have you evolved since starting your career? Do you agree with Anthony’s response?



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Anthony wraps up the podcast by telling the listeners that understanding the science of training is not enough to achieve lasting success within the strength and conditioning industry. He encourages the audience to do a podcast, write a book, etc. Have you taken part in extending your voice in the community? How and why?



## 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™**  
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# Art of Coaching Podcast™



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