



**ART OF COACHING PODCAST™ EPISODE 40
GREG BAKER: LIFE AS A POLICE CHIEF: PRIDE, PURPOSE AND OVERCOMING PREJUDICE**

Greg Baker says at the beginning of this episode, “You have to listen to _____.”

Why do you think people have trouble listening?

Greg tells the audience, “Inspect what you expect.” What did he mean by this? Provide a few examples of how you could teach others to adopt this strategy.

Brett and Greg discuss why being a skilled worker with great integrity is of the utmost importance, even in the technological age we live in today. What is your take on human capital versus technology within the sports performance industry? What are the pro’s and con’s for each?



What was the biggest takeaway for you in this episode? How will you use that takeaway moving forward?



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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