



**ART OF COACHING PODCAST™ EPISODE 41  
TODD HAMER: GETTING FIRED, RE-CREATING YOURSELF & SHAPING YOUR ROLE**

Within the episode, Brett asked Todd about his thoughts as he reflects upon his career up to this point. Challenge yourself to take a moment and do this as well. When you consider where you are now, and compare it to the beginning of your journey, how did your early experiences prepare you for the path ahead? What do you wish you would have learned sooner?

What “mistakes” have you made in your career that ended up being a blessing in disguise? Why do you consider them to be a blessing?

Todd talks about career security and not job security. List 5 things you are doing right now to fuel career security in your profession.

- 1.
- 2.
- 3.
- 4.
- 5.



---

Also discussed within this episode, is the notion of controlling your passion. Specifically, it addresses the need to ensure that your passion doesn't suffocate other parts of your life such as family, personal health, etc. Do you believe that you do this well enough at the moment?

In conjunction with the preceding question- what strategies are working for you in regards to finding a harmony between work and your personal life?

Todd mentions the critical importance of communication, especially with how it pertains to how people initially perceive you. Discuss a moment where you botched your first impression with someone. What happened? How did you recover?

What is the worst advice you've ever received? How has that impacted your career, and how has that impacted the advice that you now give to others on a similar topic?



## 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.



**Art of Coaching Podcast™**  
**[info@artofcoaching.com](mailto:info@artofcoaching.com)**



---

# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)