



**ART OF COACHING PODCAST™ EPISODE 44**  
**J.L. HOLDSWORTH: WHY EVERYONE IS WRONG ABOUT SQUAT & THE NERVOUS SYSTEM**

J.L. describes his journey from only making \$8,000USD a year, to now owning two successful gyms and spearheading some of the most unique workshops in the performance community. What were some key points that he stated throughout the episode which allowed him to grow, scale and improve? How can you leverage these or similar strategies?

Within the episode, J.L. mentions his belief that if we don't "own our own story" that our coaching will be ultimately be dictated by a story we don't understand. What does J.L. mean by this? If you don't know, take your best guess and state whether or not you agree/disagree.

J.L. discusses using strategies from "Be Activated", and "Reflexive Performance Reset" within his training. Specifically, he mentions how these strategies help address issues related to the nervous system. Why does the nervous system matter so much to not just performance training, but also as an incubator for clearer thinking as well?



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**J.L believes there are some major issues with how we look at the squatting movement. What does he think most coaches are misinterpreting about how this movement should be assessed?**

**When it comes to training fallacies- what are some of your own pet peeves? What do you believe most people tend to keep overlooking in regards to addressing their own limitations in this respect?**

**What “hacks” or shortcuts do many coaches tend to take when teaching others how to move correctly? How will this impact those they teach over the long-term?**



## 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.



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