



**ART OF COACHING PODCAST™ EPISODE 45
DR. JACOB HARDEN: ARE CHIROPRACTORS QUACKS?**

Brett and Dr. Harden talk about perception of the field in which you work. Every profession has its positives and negatives; what are those with regard to your field? How have you tried to fix the negatives and further progress the positives?

Brett asked Dr. Harden about his social media posts and how they speak to the general population. In your particular field what resources do you think reach the general population with information that is beneficial immediately? If you can not find a resource, what is needed within your field to bring this content forward?

Brett talks about the exit of social media one day and knowing that that content might be lost. How have you safeguarded your intellectual property?

Every profession has trends that come and go. In this particular conversation Nutrition is talked about. What trend in your profession is going on right now? Do you agree with this trend? If you do why and if you do not how do you go about dealing with this trend?



What does Dr. Harden say about good exercises vs. bad exercises? What does he rename the before mentioned exercises?

Brett talks about communication and its role in outcomes. Brett specifically mentions that great communication will _____ guarantee a good outcome but he guarantees that _____ communication will have a _____ outcome on situations.



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



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)