



**ART OF COACHING PODCAST™ EPISODE 52  
ANDY PTACEK: BEATING BRAIN CANCER AND BECOMING A COACH**

Imagine you just received life-changing news similar to that which Andy did. How would you process this?

How do you currently work to keep your emotions at bay during some of life's biggest moments?

What resources/support system would you turn to? Is there a standing timeline for "checking back with them"?

Andy mentions using weightlifting as a stress reliever. What stress-relieving do you find work best for you? Are there any that you swear upon, despite them potentially being looked upon as "odd" or even idiosyncratic by others?



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**If you were writing your own autobiography, what would you want your legacy to be as of right now? How might that change?**

**Who would be your intended audience?**

**Within the context of THIS episode what is meant by the term “branding,” and what are the two key components Andy mentions about responsible branding?**

**Many who start out on their own are not aware of their “blind spots.” Pitfalls can be hard to identify when passion is steering the ship. How can you avoid this trap? What blind spots have arisen for you in the past?**



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What is the number one piece of advice you wished you had received earlier in your career or life? How might that have changed your path today?



## 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)**



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