ART OF COACHING PODCAST™ EPISODE 53
ERIC CRESSEY: FATHERHOOD AND FORWARD THINKING

Eric mentions that having children showed him just how selfish and inefficient he was with his time prior to becoming a father. More specifically, he spoke about how having children makes you re-prioritize your work and the boundaries you set. What is an example of an occurrence that served as a "spotlight" to your current level of efficiency or lack thereof?

What have you changed to become more efficient, and more importantly, what do you need to continue to work on in order to enhance the symbiosis of your work and home life?

Do you believe true work/life "balance" is even possible? Elaborate.

Within the episode, Eric mentions a quote from Randi Zuckerberg which talks about 5 common priorities in which you can only pick three to focus on. From the list below, what are your top 3 and why:

1. Fitness
2. Sleep
3. Family
4. Friend
5. Career

From the 3 you have picked in the previous question, how can you manage your time to make sure you fit those three things into your daily life?

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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