



**ART OF COACHING PODCAST™ EPISODE 54  
JOHN WELBOURN: TRAINING THE TRUNK AND FIGHTING THE B.S**

John reveals that prior to becoming a strength and conditioning coach, he initially wanted to become a lawyer. This is unique in that John embraces the benefits that can occur as a result of not taking the “traditional” path to become a strength coach. What is an example of a “non-traditional” path that you have taken in your career? How did it help you?

What was a pivotal piece of career advice you received early on in life? Did you follow the advice? Why or Why not?

After listening to this episode, what are your takeaways with respect to some of the common fallacies of training the trunk or “core?”

Why do you believe many of these fallacies exist? What can be done to change perceptions surrounding them



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With respect to how you make decisions, what is your current process like? Be specific here and take the time to reflect upon how you have approached some key decisions you have made recently. No detail is too small.

What are 3-5 foundational/staple movements in your training program? Why do you gravitate to these? Be detailed- do not reply simply by saying “because they are fun,” or “because the research supports their use.” Give context and clarify.

Do you believe that intent can be coached or augmented? Why or why not?

Most successful individuals would agree that consistency is key when it comes to improving. Yet, we must also have intent so that our consistency is never just us going through the motions or checking a box. How do you manage this combination of traits with respect to your own training & life in general?



## 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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