



ART OF COACHING PODCAST™ EPISODE 55

DUNCAN FRENCH: FADBUSTING TRAINING FOR THE COMBAT SPORT

Brett and Duncan talk about educating people on their specific sport, or career. In what ways does your profession need to do better with regards to the overall education of their field?

Communication is a common barrier for leaders in all fields. In what ways do you facilitate the improvement of interpersonal skills within your team, organization or life?

How can clear communication be objectively evaluated?

Brett and Duncan talk about the origins of some of the myths within the field of sports performance. Specifically, they discuss how despite there being clear research on a wide variety of topics, many seem to ignore these guidelines completely. Aside from the easy answer of "laziness," what do you believe to be some other contributing factors to this? Most importantly, what can be done about it?



Every field experiences conflict between what is considered the theoretical “best practices” and what is the reality for many on the ground floor. What are examples of this within your own domain? Think of a situation where you have had to adapt and be resourceful, or where researchers may simply be out of touch with their recommendations.

With respect to the preceding question, how could people within your domain bridge the gap more effectively?



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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