



ART OF COACHING PODCAST™ EPISODE 57

KEVIN WHITESELL: EMBRACING IMPERFECTION AND INDECISION

Brett discusses stress and how we need to do our best to maintain a positive attitude despite what may be going on in our lives. Kevin adds to this by elaborating on how certain attributes have helped him cope with the innumerable stressors he has faced while trying to navigate his career. What attributes do you believe to be most important in order to achieve “success” in life? Do they vary with respect to what it takes to be successful in your career?

Changing career paths later in life is becoming more common than ever before. Despite the nerves that making a change can conjure, what are some powerful advantages that a “late start” can offer?

What type(s) of situations make it most difficult for you to maintain a positive outlook even when you know you should?



Self-talk can be a powerful strategy for overcoming self-doubt. Do you have any mantras, routines or rituals that you employ prior to a big event or competition of some kind? What are they and why do you believe they help so much?

Later in this episode, Brett and Kevin discuss the importance of daily reflection. Specifically, they talk about how reflection helps us gain a better perspective on what we should truly focus on to become more productive. What are the 5 things you would measure or reflect upon each day in order to determine or evaluate your productivity?

- 1)
- 2)
- 3)
- 4)
- 5)

Kevin talks in-depth about his internship experience. What do you believe are critical components of a great internship or apprentice based program? State at least three, and justify your choices.

- 1)
- 2)
- 3)



Brett and Kevin talk about how he approaches optimizing his ability to learn while attending conferences or continuing education clinics. We all have different ways of absorbing new information, what is the primary way you like to learn? If you are at a conference what do you do to help retain that knowledge?



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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