



**ART OF COACHING PODCAST™ EPISODE 58  
SCOTT LIVINGSTON: THE AGE OF INDIVIDUALIZATION**

Why do Brett and Scott believe that “strength and conditioning coach” can be such a limiting title?

According to Scott, what does the term “reconditioning” mean?

What topics discussed within this episode resonated the most with you? Why did these, in particular, hit home?

What are the three colors or “zones” that Scott references within this podcast? What do they represent?



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When Scott says that life is about entropy, what is he referring to exactly?

How many weeks per year, (best guess), do you believe you tend to be in the “red zone?”  
What is the common denominator here? How could you better prepare for it?

Perception can often be a part of our reality. For example, there are some individuals who may like a particular restaurant despite knowing the food quality isn't the best, simply because they have shared an impactful childhood memory there. What are some ways perceptions have shaped your reality with respect to what you enjoy most/gravitate to?

Scott lays out his paradigm for how he believes we can all become more self-aware. He is extremely cautious about providing details about what he believes everyone “should do,” in part, because of how individualized he believes this process should be. He mentions how critical it is to test and track what works for YOU, as opposed to getting caught up with what everyone else says works. Given this, what self-awareness strategies have worked for you or your staff? Why does this strategy tend to stick?



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What did Scott say is the one thing we do not do enough of in our lives? Be as specific as possible here.

How have you learned to do what Scott refers to as “connecting with your intentions?”



## 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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