



**ART OF COACHING PODCAST™ EPISODE 61  
RYAN MICHLER: THE INTEGRITY GAP**

Many people stay in toxic situations (work, relationships, etc), in part, due to the perceived safety and security that come with it. From an outsider's perspective, walking away can seem incredibly obvious; yet for those directly experiencing it, it can be hard to pull away. In what way(s) have you experienced something like this in your own personal and professional life?

How does Ryan define what he refers to as the “integrity gap?”

Describe your interpretation of what Ryan refers to as “self-leadership.” What methods of self-leadership do you apply within your own life? How have they helped? (list at least 2)

A failure to manage our own expectations can lead to potentially damaging self-comparisons. Discuss a time where impatience or a lack of perspective got the best of you. Were you able to stop yourself from continuing down a destructive path? If so, how? If not, how did you recover?



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Context is discussed in great detail within this episode. How would you personally define the term? Refrain from looking it up and just write down your own interpretation. Do not worry about being “right.”

Brett mentions how he disagrees with the adage “how you do anything is how you do everything.” What was the context here? Do you agree? Are there any areas in your life where you used to be obsessive in a non-sustainable way, but now have learned to be more relaxed about?



## 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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