



**ART OF COACHING PODCAST™ EPISODE 64
PJ NESTLER: THE ROLE OF BREATH IN PERFORMANCE**

PJ discusses his experiences of being thrust into roles, where no leadership system was in place. If this were to happen to you, what are three ways you would create or implement a leadership system?

- 1.
- 2.
- 3.

PJ refers to the learning process as investment. Describe your own learning process, specifically what role the cost of the course plays in continuing education. What other metrics do you use when determining whether to take a course?

XPT breathing seminars focus on ways to down regulate from daily psychological stressors such as fear and anxiety. PJ mentions three powerful, small, mindfulness tools taught at the seminar to help with the psychological component. List them and give an example of each.

- 1.
- 2.
- 3.



What personality traits are most prevalent at XPT seminars?

The least represented vocations at XPT seminars are strength and conditioning coaches. Why does PJ feel conventional strength and conditioning coaches don't buy into these types of seminars? Where do you stand on this topic?

Yes or No: If the opportunity presented itself, would you attend an XPT seminar? Explain your reasoning.

PJ notes he is a natural skeptic when it comes to new ideas or concepts. What is something right now you are highly skeptical of, yet in 5 years may be onboard with and practicing?



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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info@artofcoaching.com



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