



**ART OF COACHING PODCAST™ EPISODE 65
AMY SHENK MORRISON: DEMYSTIFYING MINDFULNESS & OVERCOMING EMOTION**

Amy went back to school to get a graduate degree in mental health and counseling. Do you feel it is important to have a degree or certification in a certain skill set before actively using it with your athletes, clients, etc.?

Mindfulness practices (breath work, meditation, journaling) can be a gateway to self-awareness. What “mindfulness” techniques have you tried, if any? If not, why? What is preventing you from trying?

Are there examples of you acting or behaving differently at home versus at work? Do you know why? If so, think of some strategies to help you more closely align these two versions of yourself.



What are the four stages/steps Amy suggests we traverse when looking to change behavior? (Hint: it starts with awareness)

- 1.
- 2.
- 3.
- 4.

How could you implement (or adapt) this process to change a behavior in your own life?

Do you think behavior is determined by the types of people we are or the situations we are in? Is there a specific example you can think of that illustrates your stance on this question?

What is the distress tolerance window? Describe two ways you could introduce regulated adversity to increase yours.



What emotions/thoughts/feelings come to mind when you hear the term “mindfulness”?
Do you agree with Brett’s comparison of the word “mindfulness” to the word “functional”
in the sense that it tends to be overused in the performance field?



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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