



**ART OF COACHING PODCAST™ EPISODE 73  
BRETT SOLO EPISODE: CRITICAL TRAITS YOU SHOULD LOOK FOR IN A MENTOR**

Brett talks about his experience of not having a formal mentor when he was starting out in the profession. Do you have someone you consider a mentor? Describe 2 benefits and 2 drawbacks from your personal experience with mentorship.

In this episode, Brett talks about a free resource he's provided in the form of an ebook. What ways can you use [THESE TIPS](#) to help you with staff development/continuing education?

Which trait is Brett referencing when he says, "...the better you are at drawing connections between things... the more future proof you are going to be in your skillset, your ability to adapt, your ability to lead and your ability to be effective"? Do you agree? Why or why not?

Of the traits Brett suggests you look for in a mentor, which 2 do you already do well? Which 2 do you think you could improve on? Would you add any traits to this list?



In your opinion, do you think it is important for mentors to receive coaching themselves?  
What is something you currently receive coaching on?

Flip the script: What are 5 traits that would make a GREAT mentee? Evaluate yourself on each of these traits.

Let's say you are advising someone who doesn't currently have a mentor. How would you suggest they go about approaching one? What are the first 3-5 steps you would tell them to take?



## 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.



**Art of Coaching Podcast™**  
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