



ART OF COACHING PODCAST™ EPISODE 74
JEREMY HILLS: HOW ENJOYING THE RIDE MAKES YOU A BETTER LEADER

In this episode, Jeremy describes how his definition of success changed over time. How do you define success in your current job? How do you define success in your life away from work?

"When values are clear, decision making becomes easy." Name 2 times your values shaped a decision you've made.

Jeremy and Brett discuss the danger of being so wrapped up in the "grind" that one forgets to enjoy the ride. List 3 things about your job that you truly enjoy. List 3 things about your life that you truly enjoy.

Describe how you currently relax or disconnect from your job.



Research shows that creativity often comes from boredom. Can you remember a time an idea or a solution came to you during a period of under stimulation? What were you doing in the moment? How can you recreate that environment in the future?

According to Jeremy, what is the difference between “being of service” and “being a servant”? How do you currently set professional boundaries? If you don’t already, list a few ways you can create these boundaries.



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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