



**ART OF COACHING PODCAST™ EPISODE 75
DR. JENA GATSEES: ASSERTING YOURSELF & GETTING YOUR MESSAGE ACROSS**

What is a compounding stressor? What compounding stressors do you have in your life right now? What compounding stressors exist in the population you work with?

Jena talks about her experience working with NASCAR. When training a population that you haven't worked with previously or that you are unfamiliar with, what 3 things can you do to create buy-in and trust?

Brett and Jena discuss the art of using research to validate training methods while keeping coaching simple and relatable. Do you reference research with your athletes/coaches? If so, how do you balance demonstrating that you are a subject matter expert while relating to your athletes?

Brett talks about the 4 domains of "self" we traverse when portraying ourselves to others (Personal, Social, Cultural and Professional). How do you define/describe yourself within each of these domains?



Many coaches experience parasocial relationships in which they know a lot about their athletes, but not vice versa. What strategies have you used to share relevant personal information while maintaining professionalism?

“The human mind gets lazy... it takes the path of least resistance.” To combat this, list 2 ways you currently create discomfort in your life for the purpose of growth? Are there any you can add?



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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