



**ART OF COACHING PODCAST™ EPISODE 77  
ANGELO SISCO: CROSSFIT CONTROVERSY**

Angelo has an alternate definition for the word abundance. How do you define abundance in your life? Bonus: Think of another word with a definition that differs from its traditional meaning. Example: Passion, Branding...

Brett talks about using your “dark side” for good. Have you ever used a less-than-ideal mental state (e.g. stressed, angry, sad) to do something productive? How so?

According to Angelo, "Negative emotions are your greatest teachers... when you lose you learn the biggest lessons." Do you believe it's necessary to have adversity? Name at least one failure you've experienced and what you learned from it.

According to Brett, what 2 traits make a great coach? What 2 traits would you choose if asked the same question? Discuss.



How does Brett relate the art of negotiation to a disciplinary discussion with a colleague?  
How are they similar?

What are some tactics you use when you know you are walking into a highly emotional conversation with a colleague, friend or family member? What 2-3 strategies can you use to make that a more successful interaction?

In this episode, Brett talks about 4 keys to good communication. What are they? Would you add or subtract any? How would you rate yourself on each of these aspects? Hint: For more ways to practice communication, check out the [Conscious Coaching Field Guide](#).



## 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.



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