



**ART OF COACHING PODCAST™ EPISODE 83
BRENDON REARICK: THE OBSTACLE IS THE WAY**

What does Brendon mean by “the obstacle is the way”? What is the most significant adversity you’ve faced in your life? In what ways has this experience affected your career, values, and decisions? Has this led to more positive or negative outcomes?

Why are doctors and lawyers taken more seriously than strength coaches? How does Brendon propose fixing this? What else can be done?

In your profession, is there a standard "checklist" you are required to follow? If yes, describe your checklist. Has it led to better outcomes? What would your job look like without it? If not, brainstorm a checklist for a process you do every day at work. List at least 10 steps. What do you think would happen to success rates?



Describe Brendon's "white belt to black belt" analogy. Do you have a similar progression model in your field or profession? If not, is there a process that would benefit from it?

According to Brett, what feedback should you ignore?

What are Brendon's checklist items for the first 5 years of your career? The next 5+ years of your career? Would you add any?



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.



Art of Coaching Podcast™
info@artofcoaching.com



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)