



ART OF COACHING PODCAST™ EPISODE 84
BRETT SOLO EPISODE: WHAT WE SHOULD & SHOULD NOT BE DOING DURING THE PANDEMIC

There are several things Brett recommends NOT DOING during the pandemic: 1. Feel the need to say something or post constantly, 2. Isolate yourself, 3. Hoard toilet paper and 4. Make endless to-do lists. What behavior does hoarding toilet paper represent and why is it dangerous in a time like this? What other unusual behaviors have you observed?

As for what you SHOULD DO, review each suggestion and answer the following:

1. Double down on communication: Brett recommends using this time to send someone a handwritten note of appreciation. Who would you write to? Make a short list. If not a handwritten note, what other creative ways can you think of communicating right now?

2. Take pragmatic action: What 3 things can you actually DO to help someone in the following groups right now (your family/friends, your profession/field, your community)?



3. Learn aspects of another trade: What other skills do you have and how can you leverage them to increase streams of revenue right now? What other skills do you want to have and how can you work on them right now?

4. Review your finances and trim the fat: Where can you be saving money right now? List three subscriptions, items or activities you could feasibly do without.

5. Place intelligent bets and operate in sprints: What can you invest in right now (hint: it could be yourself)? What's your short term (day-to-day) strategy to get through COVID-19?

6. Be open minded: Is there something that you once resented or ignored but might be working for you now? What have you changed your mind about?



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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