



**ART OF COACHING PODCAST™ EPISODE 98
CHAD LANDERS: BUILT TO LAST**

Do you think social media has changed your career (or life)? If so, how? If not, why not?

Have you ever compared yourself (or your career) to someone or something on the internet/social media? Have you compared yourself (or career) to someone or something else in general? Who, and what impact has that had?

Name a time you had to have a hard conversation. How did it go? Did you initiate it or were you on the receiving end? What did you learn from the experience? Do you think it's important to have hard conversations at certain times?



Do you ever hold back information that you know could help someone? If so, why? Has this served you in any way? Has it had any repercussions?

Chad lists several keys to managing expectations with colleagues, significant others, etc. List a few of the suggestions he makes and whether or not you agree. Would you add others?

Answer honestly. Would you be okay with a mentee (or someone you've taught) surpassing you in terms of knowledge, recognition or success? If you answered no, why not?



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](#)