



**ART OF COACHING PODCAST™ EPISODE 101
BRETT SOLO EPISODE: THE MINDSET & QUESTIONS THAT STALL YOUR PROFESSIONAL
PROGRESS**

In this episode, Brett lists a few questions that can stall professional progress:

- When's the right time to start learning about communication?
- What books should I read?
- What certification should I get?
- What do I need to do to start coaching this particular population?

Have you ever asked or wondered about any of the questions listed above? If so, how did this episode change how you will work to answer them?

Can you think of any other questions that might stall professional progress?



What are the last three books you've read for professional development? Do they all fall within the same category? How can you fix this?

Where else are you unbalanced professionally (or personally)? For example, do you spend your time only researching and thinking about one aspect of your field (or life)?

According to Brett, there is never a "right" time to start learning about something. In fact, the best professionals are developing multiple skills at once. What skills have you delayed learning? Why?



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](#)