



**ART OF COACHING PODCAST™ EPISODE 104
JIM DAVIS: WASTING YOUR LIFE TRYING TO BE RIGHT**

When we take something for granted, we treat it differently. For example, we might be harder on family members knowing they will always be there for us. What else in your life do you take for granted and thus treat differently? Has COVID-19 changed that?

What role(s) are you playing in your life? If that was a movie role, what would that character look like? Are your actions in line with the requirements of that role?

We tend to perceive other people's emotions within the context of our own emotion at the time. Describe a time when your emotions affected the way you perceived someone/something else.



Brett argues that our field's lack of willingness to have a brand or be part of the conversation can actually end up hurting us. What does he mean? Do you agree or disagree? Discuss.

What are some unhealthy ways (besides social media) people seek validation? Are there healthy ways of seeking validation?

What is the anchor and tether method Jim describes? Which needs more improvement in your life, the anchor or the tether?



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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