



**ART OF COACHING PODCAST™ EPISODE 106
JESSE ELIS: THE AUTHENTICITY TRAP**

If you were in Jesse's shoes (hired as the Director of Player Health and Performance for a professional team with a pre-existing staff/culture), what would you do in your first few weeks on the job? Would it be different from Jesse's approach?

Are you aware of how you come across to others? For an exercise in external self-awareness, write down your strengths and weaknesses. Then ask 3-5 people that interact with you frequently (but aren't your family or close friends) to do the same. Do these evaluations match up?

We have a tendency to use what others (in our profession) are doing as the script for how we should behave. This allows us to hide behind that script instead of engaging in deep self-reflection. What other obstacles get in the way of true self-reflection?



Jesse audits everything he implements with his staff and program using the PACE framework. He asks, is it Practical, Applicable, Conceptual and Effective? Pick one tool, technology or concept that you've introduced to your work environment and assess it using the same framework. Would it pass this audit?

In your current role: Are you more focused on proving value or providing value?

Come up with an argument for AND against the following quote: "Integrity is the most valuable and respected quality of leadership. Always keep your word."



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



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