What skills have you cultivated in your current occupation that you think would help you in another career/field?

Brett compares strength and conditioning to the _____ profession, arguing that both tend to be overlooked and yet play an integral role in supporting infrastructure and allowing for industry to occur. Take a moment to compare your role to one in another industry. Can you think of an unusual job with similarities in skillset or function?

What did Paul mean by "callusing the mind" in reference to David Goggins's book Can't Hurt Me? Name a time or situation that callused your mind.

Do you believe you can mentor or teach someone without undergoing some sort of improvement yourself? Argue for or against.

What is something you do outside of your immediate vocation for continuing education?

What forms of recovery, wellness or regeneration do you currently use? If you were in Paul's shoes, how would you recommend targeting a consumer like you?

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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