



**ART OF COACHING PODCAST™ EPISODE 108
DANIEL NOBLE: THE ADVANTAGES OF ANXIETY**

While being overly anxious can have deleterious effects, there is a link between some levels of anxiety and intelligence/creativity. When you are anxious, do you engage in any constructive thoughts or behaviors? What are they?

Not everyone loves to journal. However, self-reflection is tremendously important for learning and growth. If not pen and paper, what methods do you use to express your internal thoughts/feelings?

To quiet the voice in his head, Daniel opts for coaching and surfing. He says these activities allow him to feel centered. What activities accomplish this for you?



Would you consider yourself a risk taker or risk averse? What's the biggest risk you've taken? What risks are you considering taking in the near or distant future?

To understand someone's behavior, it's helpful to observe them in different environments, with different people and in different states of arousal. Another way is to learn about their upbringing. What are a few ways you can learn about someone's family, friends, childhood, etc. in a non-obtrusive way?

According to Brett, there are 3 "timeless truths" when it comes to effectively dealing with chaos: 1. Be more observant, 2. Communicate at a high level, 3. Improvise and adapt. How do you respond to chaos with respect to these "truths"? Which of these do you best? Which do you need to improve?



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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