



**ART OF COACHING PODCAST™ EPISODE 109
BRETT SOLO EPISODE: WHY YOU AREN'T GETTING ANYTHING DONE**

The questions below will help you get a sense of where you are with respect to dealing with chaos and distraction. Once you have a better understanding of your current behavior, use our [chaos checklist](#) to get back on track and feel like you've accomplished something by the time you lay your head down on the pillow at night.

Describe moments of chaos or distractions that tend to throw off your day.

What behaviors do you default to in times of stress or chaos?

What do you do now to get back on track?



What is "Yak Shaving"? Describe a time this has happened to you.

Contextual interference suggests that interference (or chaos) can be beneficial to skill learning. For example, higher levels of contextual interference can cause poor practice performance but superior retention and transfer of that skill later on. Relate the idea of contextual interference to a chaotic day or lack of schedule. How might distractions in your day end up helping you?

What activities or parts of the chaos checklist work for you? What activities are you looking forward to trying?



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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