



**ART OF COACHING PODCAST™ EPISODE 115
ADAM GRIFFIN: TURNING PRO**

Adam references Steven Pressfield’s book *Turning Pro* several times in this episode (hence the title). According to Pressfield, “The difference between an amateur and a professional is in their habits. An amateur has amateur habits. A professional has professional habits.” How does this relate to Adam’s remote workplace design? What “amateur” habits do you have? What “professional” habits?

Describe a situation where bad communication made something worse for you.

Pick one emotion that always got the best of you at one point in your life, but that you now use to your advantage. What caused that switch?



Adam says the difference between a pro and a rookie is the ability to translate difficult emotions into something actionable. Discuss.

Adam used the practice of writing to process the death of his son. He argues that writing is more effective than speaking or thinking because it allows him to sift through emotion without having to articulate it cleanly. Which medium do you tend to utilize when processing? Why?

What does it mean to “steal like an artist”?



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



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)