



**ART OF COACHING PODCAST™ EPISODE 116
JESSICA HAGY: VISUAL STORYTELLING & MAKING SENSE OF CHAOS**

Jessica uses cartoons and graphs to make sentences and concepts more understandable and “pack more punch”. Do you think every sentence/concept can be made into a visual? Why or why not?

When talking about feedback, Jessica and Brett agree that one bad review can be ignored, but a pattern or theme should be considered more closely. What themes (if any) have you noticed in the feedback (good or bad) you’ve received?

According to Jessica, one way to find patterns between disparate subjects and maintain creativity is to not “censor inputs”. What inputs are you censoring? For example - do you only read non-fiction? Only watch sci-fi? Listen to only reggae?



What skill or characteristic do you think is going to be most marketable in the future?

What quirky thing(s) do you do to be productive or to get out of a “writer’s block”?

Try your hand at Jessica’s craft. Make a cartoon or visual representation of your favorite sentence, rhyme, lyric, newspaper headline or cliché.



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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