ART OF COACHING PODCAST™ EPISODE 122
CHRIS DUFFIIN: FLAWED BUT NEVER BROKEN

Identifying your "why" has become a popular practice in recent years. However, instead of narrowing your focus, Chris argues it can create more options. He says truly understanding the "why" behind wanting to do something can allow you to see multiple paths to achieve it. Agree or disagree? Discuss.

How do you practice "living in fear"? What do you do to create uncertainty or that "pit in your stomach feeling" where growth happens?

When, where and how often do you set aside time to be creative?

How do you deal with overwhelm? Do you agree with Chris that sometimes you just need to let it pass? What strategies have you developed over time?

Over the years, Chris's role in his companies has shifted from a managerial to a creative one. How has your role shifted over time? What have you sacrificed or given up along the way? Are you okay with that? Has it been hard or made things easier?

So many key figures in history weren't without imperfections and struggle. Who's your favorite historical figure? Why? What is something unusual or uncommon about them?

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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