



**ART OF COACHING PODCAST™ EPISODE 125
JOHN BARTOLO: OWN WHO YOU ARE**

"Cancel Culture" prevents people from putting themselves and work out there, but putting things out there is the only way to truly learn about yourself. Propose a solution to this conundrum below.

John makes an argument for moving to longer form social media (aka YouTube and podcasts) because it allows consumers to understand a message within greater context. Do you think context is important when looking at social media? Think about a time when lack of context affected the way you perceived a post.

Pick one the following sentences and argue for OR against. 1. "Every social media account should be verified." or 2. "Resumes are going to be replaced by social media accounts."



It seems that the list of topics we can openly discuss without offending anyone has shrunk dramatically in recent years (for example, sex ed. in schools). At what point (if ever), will this list stop shrinking? What do you think is going to be the next to go?

To be a leader, you need to have situational narcissism (feelings of self-importance). Agree or disagree?

How would you want to be introduced on a news network or reality television show? Write your own short intro.



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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