



**ART OF COACHING PODCAST™ EPISODE 133  
TAKING RESPONSIBILITY FOR YOUR OWN GROWTH**

Reflect on the webinars and Zoom meetings you've been on in the past few months (or presentations & conferences you've been to pre-COVID). Do you often feel disappointed or like you didn't get much from them? If so, which strategies from the episode can change this?

If you had to design your ideal group accountability meeting, what would that look like? What are the components? Why would this work for you?

What does the statement "Don't complain about the dark if you're not lighting candles" mean to you?



---

Think back to a recent call, webinar, or class you participated in. What is one thing you could “see, sense, and create” from that experience? If you can’t think of anything, apply this to your next one and record here.

One of the key aspects of getting the most out of shared experiences is coming into that experience with urgency. In times when you haven’t had a sense of urgency, why was that the case? What are a few things you can do to flip that script?

Another key aspect highlighted in the episode was vulnerability. Do you agree that this is an important aspect of shared experiences? Why or why not? In times when you were hesitant to be vulnerable, why was that the case? What thoughts were going through your head?



## 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](mailto:info@artofcoaching.com)**



---

# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)