



**ART OF COACHING PODCAST™ EPISODE 140  
KARA SHULL: IMPROVING MENTAL AND PHYSICAL HEALTH IN CHILDREN**

Describe your earliest experience/memory with movement. When did you learn how to skip, run, jump rope, etc.? Who taught you?

What role does “play” play in your life?

Physical literacy has been defined in the literature as *“the competence to perform movement skills and the knowledge, motivation, confidence, and understanding to value and take responsibility for engagement in physical activity across the lifespan.”* Describe your own physical literacy. Were you actively taught these things or did they occur as a byproduct of your environment? Do you consider yourself physically literate?



When hiring, Kara and her team put people through improvised situations to see how they respond. Design an improvised situation you could use in the hiring process for your organization. What would be the advantages and disadvantages?

We've all heard the adage: "Just be you, no matter what!." But it's human to adapt our behavior in response to environmental and social factors. How does one navigate this discrepancy? How can you be yourself despite needing or wanting to adapt your behavior to the context?

Speculate: What will be the ramifications of COVID and technology on youth social development and physical literacy?

Jefferies, Philip, et al. "Physical Literacy and Resilience in Children and Youth." *Frontiers in Public Health*, vol. 7, 2019, doi:10.3389/fpubh.2019.00346.



## Art of Coaching Podcast™

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### 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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