



**ART OF COACHING PODCAST™ EPISODE 138**  
**KENDELL BACHIK: CONQUERING LIFE, BUSINESS AND MOTHERHOOD FROM A WHEELCHAIR**

What (or who) do you take for granted in your life? List and/or describe below.

How does Kendell distinguish between empathy and compassion? Why does she prefer to be treated with compassion?

Kendell talks about how artificially generating movement in the limbs of someone with a neurological injury can create momentum and help them regain strength/functionality. Give another example of an artificial stimuli producing organic momentum (e.g. using cables to jump start a car).



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How do you communicate with others during times of chaos? How do you want to be communicated with during times of chaos? Are they different?

Describe a time you've been given information by a person of authority (medical professional, teacher, coach, etc.) that you didn't agree with or found to be untrue. How did the nature of their title change your perspective?

How have you be able to repurpose adversity for a positive outcome?



## 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.



**Art of Coaching Podcast™**  
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# Art of Coaching Podcast™



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