



**ART OF COACHING PODCAST™ EPISODE 142
NATE HOFFMEISTER: DEALING WITH DIVORCE: A LEADER'S GUIDE**

How has this pandemic changed your routine/day-to-day? Discuss 3 positives and 3 negatives. What's the number one thing you've learned during this experience?

Nate admits he is most productive in the car when driving to/from work. When and where are you most productive? How can you build that into your routine more frequently?

When going through it himself, Nate couldn't find a community for men dealing with divorce. Think about a problem or situation you've struggled through in your life. Were you able to find a community of people dealing with the same thing? If so, what were the benefits? If not, do you think there's a need for one?



What does it mean for you to “practice what you preach”? Describe how you feel when you don’t perform well at the thing you’re supposedly an “expert” at.

Many of us have an experience with divorce (if not, a bad break up). What’s yours? What lessons have you learned from going through this yourself or watching someone else go through it?

Why do you think talking publicly about divorce, sex, money, etc. is so difficult? How can we make these conversations and situations less stigmatized?



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



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