



ART OF COACHING PODCAST™ EPISODE 152
MICHAEL TUCKER: HOW STORYTELLING & SELF-AWARENESS SHAPE WHO WE BECOME

If you need help getting unstuck, figuring out your competitive advantage, or getting off the fence so you can make an impact... *Join us at our FREE interactive workshop!*

<https://artofcoaching.com/clarity/>

Describe the overlap between storytelling and coaching in your own words.

Constraints are anything from rules to components of the environment we have to work with & around. How are constraints seen or used in your field/life? Do you believe constraints are required for creativity? Explain.



What do you do to put yourself in uncomfortable situations interpersonally?

What's your inner demon - the "ghost" - or dramatic incident in your past that influences how you act or decisions you've made?

The movie The Dark Knight teaches us that character is revealed in the choices we make under pressure. When no decision is the right one, what do you pick? Name a time you feel your character was revealed under pressure.



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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