



**ART OF COACHING PODCAST™ EPISODE 157
ASK ME ANYTHING- PERSONAL & PROFESSIONAL QUESTIONS I'VE NEVER ADDRESSED
BEFORE**

You heard his responses, now it's your turn to answer the questions Ali asked...

Outside of your own life experiences and relationships, what has influenced you the most? (For Brett, it was music - specifically hip hop and rap)

What's something you're "nerding out" about right now that's unrelated to your profession? Could be a book, podcast, movie, Twitter thread, etc...

Do you have any hobbies? In what ways do they influence creativity and/or enhance other skills related to your day-to-day life and job?



What's the one question you wished people would stop asking you? What's the one question people aren't asking you that you wish they would?

How do you stay on top of research and what's going on in various industries given how busy you are and all the things that pull you in a variety of directions?

What do you do for fun or to relax? When was the last time you did that?



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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