



**ART OF COACHING PODCAST™ EPISODE 158
JOHNJAY VAN ES: UNSCRIPTED & UNCOMMON ROADS TO SUCCESS**

Johnjay claims he doesn't research his guests before interviewing them on air. Are you a chronic over or under-preparer? How does this serve you? How does this hurt you? Do you agree with Johnjay's rationale?

Brett and Johnjay discuss both the positives AND negatives of things like hyperbaric chambers and John Wooden (to name a few). What else is typically seen as all good or all bad that you would like re-examined for its nuance?

Instead of following the path of other radio personalities, Johnjay reverse-engineered his current role by starting with what he wanted to achieve and working backward. What goal(s) of yours could you apply this strategy to?



If you were Johnjay (or any other public figure) where would you draw the line of what to share on-air versus keep private?

What non-sport movie has most influenced you the most? Why or how?

Johnjay is a true master of broadcasting. What if anything did you notice about the way he spoke or conversed? Anything in particular you liked or disliked?



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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