



**ART OF COACHING PODCAST™ EPISODE 160
MEGAN YOUNG: HOW A DUMBBELL PYRAMID SPARKED SOCIAL CHANGE**

Did you follow this story in the news? What was your initial response to it?

Do you think this particular problem is a matter of people still not understanding the role / value of the strength coach or is it something else?

Is it the responsibility of the coaches to educate the administrators or vice versa?



This movement began on social media, and without it, who knows how many people would have seen the issue come to light. What are your thoughts on using social media for social justice?

In your opinion, what is the underlying issue here?

What's your biggest takeaway from this episode?



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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