



**ART OF COACHING PODCAST™ EPISODE 162
SHAYLAH SIMPSON: HOW AN IDENTITY CRISIS CAN CREATE CLARITY**

Interested in learning more about the topics discussed today? Answer this short survey so we know where to drive the conversation next time!

<https://forms.gle/qTE7g2Qt2bYwWxtYA>

Have you ever had an identity crisis? What did you do to overcome it?

When going into a difficult conversation, what is your default communication style? Do you armor up for battle or seek to listen and understand?

How do you find balance between resiliency & vulnerability in a relationship?



Can you put into words the way you like to be communicated with or coached? Try to be very specific- as if you were leading a masterclass on how to coach yourself. Warning, this is hard!

Describe a time you thought you were pushing yourself but were really just hiding or doing something new in an arena you were already comfortable in...

What's a time being "unproductive" ended up benefitting you? How do you "jog" your creative side?



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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