



**ART OF COACHING PODCAST™ EPISODE 165  
KENNY KANE: THE MESSAGE IS THE MEDIUM**

What mediums or platforms are you on? How do they support or refute your message? In other words, are they in alignment?

Kenny talks about the idea of making social media a meritocracy. Do you believe you should you have to earn the right to express your voice? Argue for or against.

Is there a difference between ethical and unethical behavior change or modification? If so, where do you draw the line?



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**Kenny has challenged the assumption that a social media presence is required for successful business strategy. What assumptions have you challenged (or should you challenge) in your own life or business?**

**In your experience, what ingredients are required for true growth or change to occur? Is there a difference between growth and change?**

**In your own words- what's the difference between extractive and regenerative technology. Can you give an example of each?**



## Art of Coaching Podcast™

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### 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.



**Art of Coaching Podcast™**  
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