



## ART OF COACHING PODCAST™ EPISODE 167

### WHY HUMILITY CAN BE HARMFUL

Talk about a time when you downplayed your accomplishments, career or life.

Why? Did it serve you to do this? What were you initially taught about humility?

Has being humble ever prevented you from getting a job, lead to feelings of low self-esteem or caused the quality of your work to suffer? Explain.



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Even though we often claim the opposite when explaining why we don't promote ourselves or our work, maybe we're less worried about what others will think and more worried about what WE will think. Agree or disagree?

Confidence in any ability or skill even when unintentional or trivial ("I'm a good cook") can be a form of self-promotion. Describe 3 ways you "self-promote".

Describe someone you respect who has a personal brand. What is it about their brand that you resonate with? Do you view them as a "sell out"?



## 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.



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