



**ART OF COACHING PODCAST™ EPISODE 171
GABE POLSKY: IN SEARCH OF GREATNESS**

Why does Gabe believe improvisation and creativity are the key components of greatness? Do you agree or disagree?

All of the great performers Gabe mentions in this episode managed to turn a disadvantage of theirs into a strength. How have you done this in your life?

In this episode, Gabe compares greatness to a neurosis or mental illness. Why?



What is an ecotone and how does it play into the edge effect?

Do you believe you can understand nuance and the "grey area" if you haven't experienced the very ends of a spectrum?

What did you learn today about the concept of "greatness"? Did anything from this episode surprise you? Can you provide examples of other people / things that have exhibited unique traits that could be considered "great"?



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.



Art of Coaching Podcast™
info@artofcoaching.com



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)