# ART OF COACHING PODCAST™ EPISODE 178
## KINDRA HALL: CHOOSE YOUR STORY, CHANGE YOUR LIFE

Kindra says to "always be ready with a story". Which stories do you tend to lean on most frequently? Which stories do you think are your strongest?

Many of us have strong internal narratives and stories that we tell ourselves. For better or for worse, these stories can dictate our behavior and our habits. What stories have you told yourself that aren't actually true?

According to Kindra, what are the four components of a good story? List them here and give an example of one from one of the stories you listed above.

With every story she tells, Kindra plans what she wants her audience to think, feel, know and do. What did this episode make you think, feel, know and do?

Do you think leaders should (on the whole) be more or less open with their personal stories? Where do you draw the line with your storytelling habits? Do you self-disclose a lot of information or are you more private?

Using the framework laid out in this episode, outline a new story below. Your homework is to use this story somewhere in your life tomorrow.

# 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**