



**ART OF COACHING PODCAST™ EPISODE 183
BONUS EPISODE: UPTALK, CHOOSING THE RIGHT OPPORTUNITIES
& WHY YOU NEED MORE FICTION IN YOUR LIFE**

What verbal idiosyncrasies do you have? If can't think of any, take note over the next few days. What disfluencies do you commonly notice in other people?

Are you pro fiction or anti-fiction (books, movies, etc.). Why?

If not watching or reading fiction, what "non-curricular" activities or hobbies do you engage in? Have they ever helped unexpectedly in another part of your life?



What's your current process for decision making (particularly big decisions)?

Would you say you are more likely to play the long game or the short game when it comes to big decisions about the future?

**What questions do you have for Brett and Ali after listening to this episode?
Remember you can submit them for the next episode at info@artofcoaching.com!**



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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info@artofcoaching.com



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