



**ART OF COACHING PODCAST™ EPISODE 185**  
**JULIET STARRETT: THE TRUTH ABOUT TAKING RISKS, CHANGING CAREERS & BUILDING**  
**A BUSINESS ALL WHILE BEING A KICK ASS PARENT**

How do you view competition in your field? Is it a motivator or a detractor?  
What do you or can you learn from your competitors?

In your own words, define scarcity and abundance mindset. What are key indicators of each and which do you think you adopt most frequently? Why?

Is there such thing as work-life balance? Argue for or against. What does that "balance" look like for you? How do you ensure you don't get too far away from it?



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**Pretend as if you were starting a business today. What are the pros and cons of taking a loan versus raising venture capital? Which do you think you'd be more likely to take if you needed/wanted money to grow?**

**Could you or have you ever worked with your partner, friend or spouse? What strategies have you used or found successful when balancing work and real life?**

**If you're an employee, do you think it's important to see the human side of your employer? If you're an employer do you think it's important to show your employees that human side? Why or why not?**



## 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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