



ART OF COACHING PODCAST™ EPISODE 188
ETHAN KROSS: CHATTER- THE VOICE IN OUR HEAD, WHY IT MATTERS & HOW TO HARNESS IT

What form does your “chatter” take? What kinds of negative thoughts or self-talk do you notice most frequently?

What triggers or causes that chatter?

Have you ever used any kind of distance self-talk and/or your own name when giving yourself feedback? If not, do you think this is something you'd try adopting?



Who would be on your “chatter board of advisors”? What diversity of thought or opinion do they bring? What's something you need their help with now?

Do you agree with or find yourself using Ethan's recommendation of organizing your space / de-cluttering when your mind is overwhelmed? What form does this take for you?

Other than walking, hottubbing or appreciating your environment, where do you go or what do you do that seems to quiet this inner voice?



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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