



**ART OF COACHING PODCAST™ EPISODE 197  
STEFFI SORENSEN: WHY IT PAYS TO BE AN UNDERDOG**

**What types of adversity have you faced in your life and how has that affected you, changed you and/or made you stronger?**

**Do you seek out others for support in times of trouble/turmoil or do people usually come to you? Why do you think this is?**

**How do you take care of yourself when you shouldering a lot of stress? In what ways do you give yourself grace? OR where could you give yourself more grace?**



**Are you able to be authentically yourself at your job or are there parts of your personality you have to alter, "tone down" or "turn up" to be most effective?**

**When was the first time you were able to really assert yourself confidently and effectively? How did that feel? What gave you the ability to do so? If not, what will it take for you to do so?**

**Do you agree with Steffi that in life, jobs, relationships, etc. "it's never as bad as it seems in the moment"? Give evidence / story for or against this sentiment.**



## 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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