



ART OF COACHING PODCAST™ EPISODE 195
QUIT LYING TO YOURSELF: CUTTING THROUGH THE B.S. IN COACHING

I'll ask you the same question that prompted this podcast episode: At the end of the day, why do you do what you do? Think of the most base, selfish reason... For notoriety? To make a name for yourself? To be seen/heard?

What have you done to purposefully make yourself uncomfortable or get out of your comfort zone? What result did that have?

Define the word manipulate (and / or influence) in your own words. Does it carry a negative connotation for you? Why?



Why is exposure not the same as experience? Why is it important to draw this distinction? What have you exposed yourself to but not really experienced?

What else have you been lying to yourself about or avoiding?

What resonated with you most from this episode? What did you disagree with?



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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