



**ART OF COACHING PODCAST™ EPISODE 201
HOW TO REACH OUT TO SOMEONE YOU RESPECT AND ADMIRE**

If you were going to reach out to someone you admire or appreciate, who would you reach out to and why? Have you ever done this before? What was the result?

What are the essential components of the email Brett lists in this episode? What is the general order of those pieces?

What would be the headline of your message? What subject line would you use?



How would research this person and what would you say their primary need is?

What are the specific strengths you'd list and what would be your "ask"?

Sketch out a rough draft of that email below:



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.



Art of Coaching Podcast™
info@artofcoaching.com



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