



ART OF COACHING PODCAST™ EPISODE 203
3 TIPS FOR A MORE SUCCESSFUL 2022

What's your typical strategy for setting goals, refreshing priorities and laying a foundation in preparation for a new year? Do you set resolutions? Do you stick to them? Describe your process below. Be honest!

There are three tips Brett describes in this episode. The first is "Be Consistent, Lay Bricks". What bricks can you lay right now?

Tip #2 was "Ask For Help & Be A Grown Up": Where can you ask for more help?



Brett says: "They say the best things in life are free, okay... but the most valuable lessons you will learn are expensive." What does he mean by this? Agree or disagree? What's the most expensive lesson you've learned?

Tip #3: "Bring Manners Back" Where's an area you could be more professional?

What three tips would YOU give someone for a more successful 2022?



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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info@artofcoaching.com



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