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**ART OF COACHING PODCAST™ EPISODE 204**  
**AMIRA MANSOUR: STARTING YOUR OWN COACHING BUSINESS & MANAGING THE**  
**VOICE IN YOUR HEAD**

How does your childhood career choice differ from the career you're in now? In what ways is it the same?

Amira talks about two aspects of her career transition that stood out. The first one was practical. What was the second one? How do you relate to both?

When dealing with criticism or well-intended but backhanded support from others in your career decisions- how do you respond? Do you ignore it? Does it motivate you?



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**How does negative self-talk currently affect your life decisions? Your career decisions? What do you do when you observe that negative self-talk?**

**Amira says running is her meditation & way around negative self-talk. What is your outlet? How does this outlet improve your mental health and your career?**

**Although Amira goes by @the\_communicationexpert on Instagram she doesn't claim to have all the answers. Instead she finds ways to constantly improve her craft. How do you actively fine-tune your skills and better yourself in your field?**



## 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™**  
**[info@artofcoaching.com](mailto:info@artofcoaching.com)**



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