



ART OF COACHING PODCAST™ EPISODE 222
MY TOP STRATEGY FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

**What do you do / where do you go for personal and professional development?
What mediums or resources are your favorite source of Con Ed?**

**What obstacles are you facing in your life personally and professionally? What
do you currently do to alleviate those?**

**Do you find value in someone who plays devil's advocate or purposefully pokes
holes in your arguments? Why? Who plays the role in your life?**



What are the excuses you're most likely to make for not investing in yourself or doing something for your personal development? Money? Time? Other?

What does accountability look like to you? How does someone hold you accountable? In other words, what / who ensures you follow through?

If you could design your own personal board of advisors or community, what would you want that to look like? What type of people would be invited?



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™
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