



ART OF COACHING PODCAST™ EPISODE 224

STEVE MAGNESS: THE TRUTH ABOUT WHAT IT TAKES TO DO HARD THINGS

According to Steve, how has coaching / being an athlete helped him with creativity in his writing?

How do you define "toughness" or "resilience"? How does or did your definition compare to the one Steve uses in this episode?

Why aren't pain, soreness or grit accurate representations of toughness? Why are these often counterintuitive to true resilience?



How do you practice toughness or resilience in your day-to-day?

Why is toughness not just "doing hard things"? Name some hard things that you do often or have a toolbox to work through? What are some hard things you don't do often but might benefit you? How might these help you?

According to Steve's work on toughness in parenting, how can one get a kid to exhibit mental toughness or do something they don't necessarily want to do?



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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