



ART OF COACHING PODCAST™ EPISODE 226
KEIR WENHAM-FLATT: HIJACKING ATTENTION THROUGH HUMOR

What are some Key Performance Indicators (KPI's) that you use to objectively evaluate your own performance?

Does humor attract or detract you to/from someone on social media? If not through humor, wit, or sarcasm- how do you capture attention in your own way?

How would you describe what/who you want to be known as?



Keir said his fear of what others would think of him held him back from going for the life he wanted. What is one thing you want in life, and what is a fear that might be getting in your way?

What are some outside areas or hobbies that you currently dabble in outside of your profession? How do they change your perspective of your profession?

How much of yourself do you share online? Is this something you're conscious of? How do you draw boundaries when sharing your private life on social media?



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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