



ART OF COACHING PODCAST™ EPISODE 227
STUART MCMILLAN: NO B.S. LEADERSHIP LESSONS FROM AN OLYMPIC COACH

What is your personal definition of effective leadership?

What are the different “teams” that you are a part of? Who is in them?

What is the shared purpose of each team and how does it get communicated?



What are some of the consequences you notice when there is an absence of communication on your team?

Name one previous job you've had and a lesson you took from that position that you apply to your current position.

How do you currently seek, sense, and share value? How can you do it better?



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™
info@artofcoaching.com



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