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**ART OF COACHING PODCAST™ EPISODE 208**  
**ROBERT GREENE: MASTERING HUMAN NATURE & FACING YOUR FLAWS**

What is the sublime according to Robert Greene? Describe in your own words. Have you ever experienced the sublime? Why is it important to experience it?

Brett and Robert contemplate ways to best balance thoughts of our own mortality without letting it consume us to the point we feel anxiety. Do you ever struggle with this? How does this affect your behavior, habits, routines? Explain.

What are the different levels of strategy Robert mentions and why/how does an understanding of the highest level of strategy allow certain coaches and leaders to rise to the top? What level of strategy do you have in your craft?



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**“Your mind expands and contracts to the limits of what you think about... and that expanding of your mind will end up bringing you immense benefits in your work.” How do you work to actively expand your mind? How has it benefited you?**

**According to RG, "We never think 'maybe I'm the problem'... but we need that self-awareness to get out of our shell and develop the empathy muscle that will make you a superior coach." In what parts of your life might *you be the problem*?**

**What strategy does Robert suggest to better handle / deal with "cancel culture"?**



## 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™**  
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