



ART OF COACHING PODCAST™ EPISODE 212
THE REAL REASON PEOPLE DON'T INVEST IN THEMSELVES LIKE THEY SHOULD

What's something you bought cheap that ended up breaking, wasn't high quality and/or came back to bite you? Did you learn your lesson?

What's something BIG you've thought about purchasing but didn't? What are your biggest reasons for not investing? Did this episode make you re-think at all?

When you use your own money to purchase or invest in something, do you treat it differently? Have you used your own money for continuing education before? How did you treat that material or experience differently?



Have you ever had someone not invest in you? What excuses/reasons did they use? What did you do to try to change their mind?

As a remix to Nassim Nicholas Taleb's quote, Brett claims the four most addictive things to humans are "heroin, carbohydrates, a salary and 'reimbursement'". Agree or disagree? Have you ever made an excuse for not investing in yourself because your school or employer wouldn't reimburse it?

After listening to this episode, what investments are you going to make or diversify? What is worth putting YOUR own money toward? What expensive now, beneficial long term purchase are you going to reconsider?



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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