



ART OF COACHING PODCAST™ EPISODE 215
JOEL SANDERS: LEVERAGING A DIFFICULT PAST TO BE A BETTER PARENT, COACH & MENTOR

How has your childhood or your relationship with your parents informed the person you are today? Give specific examples if possible.

What parts of your upbringing have you accepted and held onto?

Which parts of your upbringing have you decided to leave behind? Why?



What are the five strategies Joel uses to mentor his interns? Which resonate with you? Which would you add or remove?

Joel talks about the importance of exercising your emotional muscles and letting people know how much you mean to them. Is this something you struggle with this or is it a strength of yours?

What limits, if any, do you have around your screen time or phones?



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™
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