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**ART OF COACHING PODCAST™ EPISODE 219**  
**STRATEGIES FOR GETTING YOUR BEST IDEAS OUT OF YOUR HEAD AND INTO THE WORLD**

What are a few ideas that you've been thinking about but haven't yet tested or shared out loud?

Use the following space the answer these questions about one of those ideas:

- What does this teach?
  
  - What does this solve?
  
  - What am I giving?
  
  - What am I offering?
  
  - What am I sharing?
  
  - How am I entertaining?
  
  - What does this cost (time, money, emotional energy, etc)?



Now use the following space to go through the steps of mind-mapping one of those ideas: First, populate. Dump anything and everything that comes to mind around this particular topic for a set amount of time (start with 10-15 mins).

Now, circle or highlight common themes, trends, patterns, concepts, words or phrases from the space above and note the major ones below:

What could you pressure test? Design 2-3 concepts below that you could put out into the world. What do they look like? Where/how will you share them?



## 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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