



ART OF COACHING PODCAST™ EPISODE 221
JACK CRAWFORD: 10 YEAR NFL VET'S TAKE ON WHAT MAKES A GREAT COACH, LEARNING FROM FAILURE & WORLD TRAVEL

Jack talks about the benefit of his parents being mostly hands off in his early athletic career. What role did parents play in your youth athletic / extra curricular career? Was it positive or negative? What would you change?

As a defensive lineman, Jack talks about the importance of less thinking more doing. What's an area in your life you could benefit from a little less overthinking and a little more action?

Do you think it's important to find a fit between messaging and the person you're coaching or do you agree with Jack that a great coach shouldn't tailor their messaging at all- just hold everyone to the same standard / message?



When was the last time you took something you learned on a podcast and applied it? What type of content do you consume the most?

Jack says that as a coach, the skill you need to refine the most is public speaking. Agree or disagree? How are you as a public speaker?

How do you decide what to take a stand for, when to put yourself and your opinions out there? What's worth saying something about versus keeping quiet?



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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