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**ART OF COACHING PODCAST™ EPISODE 233**  
**RICHIE INCOGNITO - THE SECRETS TO BECOMING ONE OF THE NFL'S BEST**

What is the main thing that motivates you to push yourself to improve and move closer to your goals?

What are the standards and expectations you set for yourself to continually live up to every day?

How would you describe your current "brand," and how do you want to see that change and grow?



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**If you had a podcast, what would it be about and what would your approach be?**

**What is one thing you've always wanted to do or learn, but haven't yet? What's holding you back?**

**What has been one of the most fulfilling moments of your life and what exactly made it so fulfilling? What does this tell you about how you are motivated?**



## 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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# Art of Coaching Podcast™



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