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**ART OF COACHING PODCAST™ EPISODE 234**  
**KAT SALAZAR - LEARNING HOW TO LEARN FROM A 14 YEAR OLD COLLEGE STUDENT**

**In your experience, who were the teachers you learned the most from and why?**

**As a student, can you recall the first time you were really challenged to think, not just regurgitate information?**

**On a scale of 1-10, how would you rate yourself as a communicator and why?  
How do you measure that?**



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**Do you believe that "soft skills" are skills to be developed or fixed personality traits?**

**If you believe they are skills to be developed, what do you struggle with most?**

**What is your plan to develop the areas in which you struggle?**



## 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.



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**Art of Coaching Podcast™**  
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