



**ART OF COACHING PODCAST™ EPISODE 249
THE MOST IMPORTANT THINGS WE LEARNED THIS YEAR**

AOC LESSON LEARNED

HOW TO APPLY IN MY LIFE

1. You don't know what you don't know - research for current solutions or automations BEFORE starting a plan/project

2. Utilize a more agile project management style when the situation calls for it

3. Be a human - consider the context and give feedback that is constructive

4. DONE is better than PERFECT (because there's no such thing as perfect)

5. Prioritize appropriately - use the Value/ Complexity Matrix to help you decide where to spend your time, energy, and other resources (see matrix below)

6. Stop undervaluing what you are and overvaluing what you aren't

7. Seek new experiences and keep an open mind to their impact on you

8. Write down your 6-list the night before to track daily wins & productivity

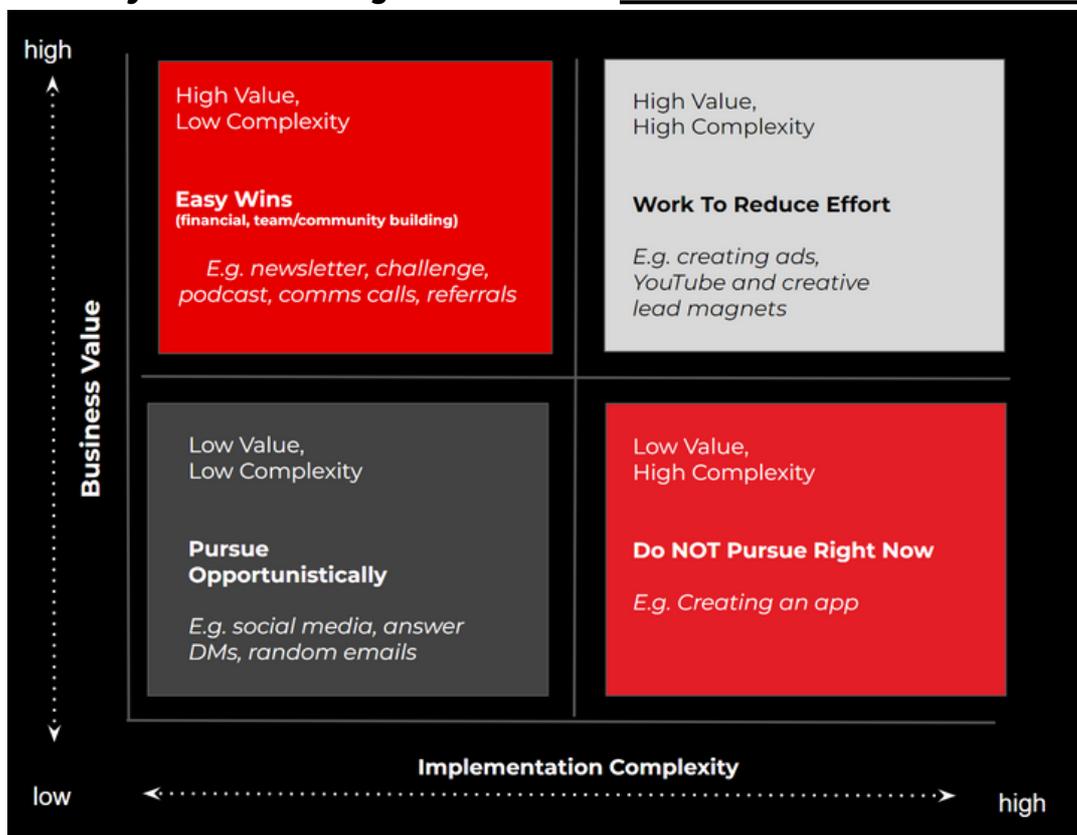
9. You're not an expert until someone invites you into their lives as one

10. Take the skills you learned in the previous phase of your life and apply them to the now

11. The business world and coaching world are more alike than you think - market your skills with the right vocabulary

12. The transition isn't as scary as you think - decide what's important in your "wheel of life" and take the leap

13. What do you need to let go of?





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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