



ART OF COACHING PODCAST™ EPISODE 250
CHRIS DO: REINVENTING YOURSELF & DOING WHAT YOU LOVE

Chris starts off the episode telling a story about how a reluctant "yes" and an unanticipated friendship changed his life. What unanticipated choices or circumstances have changed the trajectory of your life?

On a scale of 1-5, how would you rate your risk appetite? What risks/opportunities are currently available to you, and what would happen if they work in your favor?

What risks/ opportunities are you seeking out, or should you be seeking out? Write out a bullet pointed action plan for your next steps moving toward these opportunities.



How are you training your skills of critical thinking, communication, and learning? List 1 specific and intentional practice you can implement daily to refine these skills.

What "time wasting" activities do you do that stimulate creative and innovative thinking? How much time do you devote to these activities, and does this need to be adjusted?

Make a list of problems you've been managing that you haven't found a way to solve or make work for you. Structure at least 1 hour into your week to get into a new environment, "waste some time," and see what thoughts are provoked by that change as it relates to this list.



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.



Art of Coaching Podcast™
info@artofcoaching.com



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