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**ART OF COACHING PODCAST™ EPISODE 254**  
**DR. JOHN KIELY: THE POWER OF PLACEBO IN SPORT, MANAGEMENT AND LIFE**

In your personal and professional environments, what factors turn a situation from "normal" to "high pressure?" Give an example in both contexts.

How do you typically respond in these situations? What trends do you see?

What methods or processes do you currently utilize to help manage stressful situations? Do they need to change? How can you be more intentional about applying these strategies?



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**What positive beliefs do you have in yourself and how do you see them manifest in your every day life?**

**What negative beliefs do you have in yourself and how do you see them manifest in your every day life?**

**List 2 people you can mentor in terms of stress management processes and self-belief. What are 2 things you can do for each of these individuals to positively influence them in these ways?**



## 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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