



**ART OF COACHING PODCAST™ EPISODE 256
LIFE AND LEADERSHIP LESSONS FROM MY MOM**

Whether you're currently in a leadership position or not, what foundational principles would direct your leadership style? How would you show them?

How would your staff or team describe your leadership style? Is it the same as your description or different?

What practices do you utilize to prioritize people in your workplace? List 2 ways you can be proactive in caring for the people around you.



What is the best and worst advice you've ever received?

Name 3 things you've learned from your children, your staff/ team, or anyone you've lead or mentored.

Looking into your past, what is something bad that happened that you're actually thankful for? What did it teach you/ where did it lead you?



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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