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**ART OF COACHING PODCAST™ EPISODE 257**  
**CHATGPT & AI: WHAT IS HYPE VS WHAT IS HELPFUL FOR COACHES & LEADERS?**

What are your first thoughts that come to mind when you hear the words ChatGPT or AI? What hesitations or curiosities do you have?

Time to apply! In your professional life, what takes up the majority of your time? Is it checking emails? Organizing meetings? Project management? Ask ChatGPT how it can help you be more efficient with those tasks or in your role as [insert job title].

Based on the answer, ask it to be more specific to a particular piece of your context, i.e. "as a manager of a restaurant, how can I efficiently communicate menu changes to my wait staff?"



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Further, ask it to provide you with a specific tool that helps you utilize the information, i.e. "give me a sample script for my staff to use when speaking with customers regarding the menu changes."

Switching gears, think of your dream vacation. Now ask ChatGPT how long you should go, and to create an itinerary and timeline for you, including cost of travel, stay, food, etc.

Now that you've had some practice using it, list 3 ways ChatGPT could help you generate more ideas and be more efficient in your life today.



## 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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