



ART OF COACHING PODCAST™ EPISODE 263
PUTTING YOURSELF FIRST: WHY BEING STRATEGICALLY SELFISH WILL MAKE YOU
A BETTER LEADER

What are some sustainable self-care activities that you can easily incorporate into your daily routine?

What are the excuses you're likely to make when you don't do these things?

What are some things you're doing right now that could make others perceive you as a determined dedicated leader, but in actuality have a dark side to them and are unsustainable and potentially dangerous if done long term?



What are some things you're doing that when you step back and are honest with yourself don't actually make you happy or you don't actually like doing?

How do all these things affect your ability to be the leader you want to be?

What is your accountability strategy? Find some way or some person to keep you in check so that you don't fall into the same detrimental habits.



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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