



ART OF COACHING PODCAST™ EPISODE 267
JACQUELINE KASEN: HOW CLIMBING ONE OF THE WORLD'S TALLEST MOUNTAINS
CHANGED MY VIEWS ON LIMITS & LEADERSHIP

If money, time, & resources were no issue, what trip or adventure would you go on? What excites you most about it and why?

What reasons or excuses have you made as to why you haven't gotten there yet? What changes would have to happen for you to take steps toward it?

What does this reflection reveal about what you truly want?



Reflect on a time when you've experienced good leadership. What qualities or characteristics stood out to you as a reflection or result of that leadership?

Reflect on a time when you've experienced poor leadership. What qualities or characteristics stood out to you as a reflection or result of that leadership?

Think of the most difficult thing you've ever been through. What did that teach you about your limits and values? Was it what you expected or did it reveal something unknown?



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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