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**ART OF COACHING PODCAST™ EPISODE 268**

**KELLY & JULIET STARRETT: BUILT TO MOVE - PRINCIPLES FOR BETTER HEALTH & A HAPPIER LIFE**

**What kind of nutrition or fitness trends have you tried before? What was the result?**

**Why do you believe you got those results? What were the contributing factors?**

**What are the things you'll want to be able to do when you're older? What things do you want to be able to perform better at?**



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**Reflect on a time when you've delivered the same message to 2 different audiences. Was it perceived the same way?**

**What things did you or should you have adjusted in order to increase the effectiveness of your message with either audience?**

**How has your upbringing or adversity in your past contributed to your own successes or failures? How can you leverage the lessons learned to help you succeed in the present or future?**



## 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™**  
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