



ART OF COACHING PODCAST™ EPISODE 271

HOW TO NOT CHOKE - STRATEGIES FOR PERFORMING UNDER PRESSURE

Have you ever choked? Recall a time when you underperformed - what was the context? How did you feel leading into it? What did your preparation look like? Why did it happen?

What did you learn from that experience? How have you responded in the long term to avoid repeating that performance?

In order to improve in high pressure situations, you must practice in a similar context. That's where The Apprenticeship comes in - we role-play these moments out for your benefit. What is the 1 weakness you would want to practice dealing with and improve on most?



Do you have a pre-performance routine? If so, what is it? Can you think of a time where you became a slave to your routine and it actually hurt you?

Think of a time when you've performed your best, or close to it. Describe what that "optimal level of arousal" looked like and felt like for you. Why do you think you were able to achieve that level? What specific things did you think or do to put yourself in that position?

What situations do you struggle with most? List 3 (past or future) events and use the strategies from today's episode to ideate your preparation and expectations for that event. In those situations, what does "optimal performance" look like?



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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