



ART OF COACHING PODCAST™ EPISODE 274
DR. ERIK KOREM: ADAPTING TO STRESS - PRACTICAL VS OPTIMAL

Think about the different things you've been involved in over the years - everything from extracurricular activities in high school, to sports or academic teams, to jobs and your long-term career. What skills have shown to be valuable in multiple cases? How did you learn those skills?

List out 3 uncontrollable stressors in your life that you sometimes allow to dictate future decisions, actions, your attitude, etc..

Of the 5 Pillars Erik spoke about - sleep, exercise, nutrition, mental fitness & community, which do you feel contributes most to each of these situations?



Erik named off a few strategies he implements to build his adaptive capacity. One of those was being intentional about spending time with friends because his work environment doesn't provide that. List 3 intentional practices you can implement to build your own adaptive capacity.

Do you ever catch yourself striving for perfection in situations where it's actually not the goal? In your specific context, list out 1 value for each pillar that will guide your decision making and your definition of success in those areas.

Take :30 to evaluate how you feel right now. Self-reflection is a key part of understanding where our weak spots are, so we can be strategic in our individualized approach to building adaptive capacity.



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™
info@artofcoaching.com



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