ART OF COACHING PODCAST™ EPISODE 280
DR. RAFAEL GONZALEZ: THE TRUTH ABOUT STEM CELLS

What are the things that have shaped your communication style or contributed to why you interact with others the way you do?

Think of your 3 closest friends that are not in same profession as you. What things have you learned from them that you've found are also useful in your context?

In 3 different and simple ways, explain what you do to someone who might be completely naïve to your field or expertise.

If someone was skeptical about what you do or the purpose you serve as a professional, what would your approach be to change their minds?

Dr. Gonzalez described his initial meeting with clients in 2 steps: 1) figure out how to solve the issue and 2) set expectations. If someone comes to you for help, what are the expectations you set and how are they upheld?

In his hiring process, Dr. Gonzalez uses 3 guiding principles: passion, purpose, and people. If you had to hire a staff, what principles would guide your search and decision making process?

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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