



---

**ART OF COACHING PODCAST™ EPISODE 284**

**JEN BROXTERMAN: FROM GREENS TO GRIT:**

**A DIETICIAN'S JOURNEY THROUGH BUSINESS & SURVIVING CANCER**

Think of a situation in your life where there's a difference between the Best Theoretical Option & the Best Doable Option. What did it take for you to recognize that difference?

Now apply this to a leadership context. List out 10 questions you can ask or things you need to find out about those you serve when trying to figure out what the BDO is for them.

In the context of your career, what is something you know now that you wish you knew when you first started out? How has that thing changed your career path or the way you go about your job?



---

Technical skills are a necessary piece of being a professional. But if we want to take ourselves to the next level, we must look elsewhere for related amplifiers. List 3 outside resources you utilize to learn how to do your work better.

Our external environment plays a large role in our ability to make good choices and form healthy habits. List 5 ways you can manipulate your external environment to promote the behavior change you're striving to make.

It can be tempting to go overboard with "health hacks" and other "tips & tricks," which is why our internal environment is just as important as our external. What are some internal thoughts you struggle with, and how do you manage them? List 3 ways someone else can help support you in these challenges.



## 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](mailto:info@artofcoaching.com)**



# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)