



**ART OF COACHING PODCAST™ EPISODE 286
DR. JESSIE PIPER: TRAUMA TRANSFORMED:
HOW TO FIND SUCCESS DESPITE COMING FROM A BROKEN HOME**

The way we perceive our identity can change depending on our circumstances.
How has your definition of your identity changed throughout your life?

When under stress, what coping mechanisms do you turn to? Do they ever get out of hand and turn from healthy to unhealthy mechanisms? What signs do you see that let you know it's gone too far?

If you haven't yet, and even if you have, take our [What Drives You quiz](#). Based on your result, and the descriptive strengths and snares, where do you see those things manifest in your life?



List out the various life transitions you've experienced - whether job, relationship, location, etc. Where there any transitions that were easier than the others? What made them that way? How does that relate to your sense of identity?

How do you define "success" in your life right now? How has that changed throughout your life transitions?

Have you ever gotten advice that seemed so unattainable to you that it was more harmful than it was helpful? How could that person's advice have met you where you were at? Have you ever given that type of advice?



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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