



ART OF COACHING PODCAST™ EPISODE 293
JESSE WILLIAMS: FROM INDIGENOUS ROOTS TO GRIDIRON GLORY -
USING YOUR PLATFORM TO GIVE OTHERS A CHANCE

Culture can vary greatly between households, schools, places of work, cities, regions, countries, etc. The list could go on! What different cultures have you experienced? What are some unexpected differences you came across that you had to adapt to?

One of the things Jesse struggled with as he experienced new cultures was communicating/ labeling his emotions. Think of a time when your emotions were misinterpreted. Were you able to correct the misunderstanding? What changes have you made any changes to avoid this situation in the future?

Another important aspect for Jesse as he moved around to new places, was holding fast to his foundational values, and displaying them within the new context. What are your non-negotiable values that you always bring with you, no matter where you might be? List 3 ways you display 1 of those values in different contexts.



List out 5 skills that you learned in 1 context, that have transferred to a new and seemingly different context. What specific ways have they benefitted you in the new situation?

Relative to your current responsibilities or goals, what is your definition of success? How do you measure it? How do you make it sustainable?

Knowing how we define success for ourselves is helpful, but we often need to be able to communicate it to others as well - especially if we are in a leadership position or need the help of others to get there. If you had to communicate this to someone in 60 seconds, and persuade them to help you, how would you do it? Script out an elevator pitch for 3 different individuals (or types of individuals) and then practice saying it out loud.



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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