



**ART OF COACHING PODCAST™ EPISODE 305:
MISSY MITCHELL-MCBETH: TELLING IT LIKE IT IS WITH A PROFESSIONAL TOUCH**

What core values do you hold that you will not compromise in your professional life? In your personal life?

Have those values changed? If so, how and why?

Think of a particular instance where you chose to “pick a battle” that you wish you hadn’t. Why didn’t that work out? What did that experience teach you about your future interactions?



Reflect on a time when you were “painfully honest” with someone. What was their reaction? How did you handle/manage their response? How did that experience influence future interactions with that individual?

Think of an example when you felt pressure to not speak up or to conform in a situation where your core values were compromised. How did you respond? Do you still think you made the right decision or would you change how you handled it? If so, how and why?

Identify the person in your life who is like Missy - type A, direct, zero fluff kind of communicator. Using the tips Missy provided, how can you adjust your behavior and/or communication to better influence that person?



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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