



ART OF COACHING PODCAST™ EPISODE 309:
NIR EYAL: INDISTRACTABLE - STRATEGIES FOR STAYING FOCUSED IN A NOISY WORLD

Describe your relationship with distraction. List 3 specific instances where being distracted has negatively affected your main goal.

Have you tried any strategies to help you become more focused or productive? What role does distraction play in the success or lack there of those strategies?

In what contexts or situations do you find yourself being more vulnerable to distraction? In what contexts are you not as vulnerable? Why?



Create a list of both internal and external triggers that you tend to experience.

What weekly, monthly, or other long term goals do you have that could benefit from you being less distracted? What strategies do you use to create space for traction?

What strategies do you currently use to hack back your external triggers? What new ones can you implement? Are there any strategies you should stop using or maybe change the way you use them?



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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