



ART OF COACHING PODCAST™ EPISODE 319:
TAYLOR SOMERVILLE: STRESS MANAGEMENT FOR HIGH-ACHIEVERS

When you think of stress management, what comes to mind? Have you ever tried any methods you've heard from mainstream sources? Did they work?

When was the last time stress negatively effected your presence in a situation? Be as descriptive as possible. Where were you? Who was there? How were your actions altered?

How could breathwork help you manage stress levels and improve your response in this situation? What specifically could you do?



What other strategies could you use, besides controlling your breathing, to keep your composure and slow things down?

How can the concept of reframing help you navigate a stressful event? How could the experience ultimately be used as a tool to learn, evolve, and improve?

Are there any other areas in your life that if managed better, could improve your stress response? List them along with a practical action you can take to put yourself in the best position to meet the moment.



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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