



ART OF COACHING PODCAST™ EPISODE 320:
ANDREW COATES: HOW TO CONQUER INFORMATION OVERLOAD

How do you filter the flood of new information you're exposed to on a daily basis? Describe your system or the steps you follow.

What is your preferred vehicle for learning? Map out how you absorb information, analyze if it is useful, and determine if you'll be able to apply it.

When a new idea hits you, how do you capture it? Write out the latest idea you've had to help convert that thought into a helpful resource for yourself or others.



How do you approach managing your time? Are your priorities aligned with your schedule?

How much do you allocate toward continuing education? Are there any gaps in your personal development where a step out of your comfort zone would be beneficial?

How do you avoid burning out? What red flags or warning signs do you start to show that indicate when it's time for a break?



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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