



ART OF COACHING PODCAST™ EPISODE 322:
A BETTER WAY TO ORGANIZE YOUR THOUGHTS PT 1

How do you currently capture ideas when they come to you? Do you record them in a notebook, use an app, or another form of technology? Outline how you get them out of your head.

Where are you when you receive these ideas? Is there a common place or activity that tends to tease them out more frequently?

What effect does the answer to the previous question have on your thought-capture system? Have you considered changing your approach to best fit your idea hot zone?



How do you ensure that the idea or thought is captured fully, preserving it's tone, emotional resonance, and urgency? Why is this important?

What steps do you need to take to streamline how you organize your ideas so you can recall them later and convert them into action?

List 3 ways rehearsal or verbalizing your idea can benefit your idea capture process.



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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