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**ART OF COACHING PODCAST™ EPISODE 331:**  
**DONTARI POE: MENTAL TOUGHNESS MYTHS AND LIFE TIPS**

What aspects from your upbringing, good or bad, were the most formative for you as a person and leader? What different internal, external, and contextual conflicts were impactful?

Have your strengths or values ever created a blindspot and negatively effected you as a leader? Has a situation come up where you misread the drives of others and were forced to change your approach?

Write about someone who was either successful or failed at motivating or helping you. This could be a coach, boss, or even a family member. How in-depth did they know you as a person? What about their approach hit home or missed the mark?



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List some mental toughness or leadership myths that are pervasive in your field. What are the negative outcomes to committing to an approach that doesn't align your overall purpose with the process?

What are 3-5 things you could do to make yourself more uncomfortable, driving personal and professional development and increasing your mental resilience from where you are now?

How can you ensure that your methods for self improvement and becoming more mentally tough translate to the performance or outcome you're ultimately pursuing? What can you do to keep your process joyful, fun, and most importantly, sustainable?



## Art of Coaching Podcast™

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### 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.



**Art of Coaching Podcast™**  
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