



ART OF COACHING PODCAST™ EPISODE 334:
PRISCILLA TALLMAN: MENTAL PERFORMANCE PRINCIPLES THAT ACTUALLY WORK

What are you currently stuck on in your professional or personal life, and where are you struggling to make progress? What is the biggest obstacle hindering your improvement?

What are your drives? How can understanding them help you better diagnose the root cause and map out a path forward?

What does success look like to you? List 3 tangible actions you can take to start making progress. How will you hold yourself accountable?



Have you ever used strategies such as journaling or breathing techniques to regulate your state and improve your focus or emotional well-being? What do you do to monitor yourself and how do you know you need a reset?

What characteristics from your “functional dark side” will help you gain control of your situation? What aspects of this repressed part of your personality would you like to make more of a presence in your everyday life?

None of us are where we are today from our merits alone. Name 3-5 people you can reach out to in the next month to thank them for the important role they’ve played in your life. Who are they? What did they do? How can you get in touch with 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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