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**ART OF COACHING PODCAST™ EPISODE 335:**  
**STEPPING UP: HOW TO BE A BETTER ADVOCATE FOR OTHERS & YOURSELF**

In what areas of your life do you want to be more accountable as a better advocate? Are there specific groups or projects you can become more involved with where you think you can have a greater impact?

List two people from your personal life and two from your professional life you know you could show up better for. Include a brief description of their known goals, suspected drives, and how you think you can support them more effectively.

What are your strengths and how can you best leverage them to help? Which areas are you weak in that might be better to outsource?



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**Have you ever helped someone and later felt unappreciated or that the favor went unreciprocated? How could you preemptively set clear expectations to ensure mutual understanding and appreciation?**

**Write 3-5 questions you could ask to ensure you are providing help in the right direction. What are some key characteristics you should know?**

**What is the cost of inaction? What are a few reasons you believe this occurs? If progress stalls in your situation, what could you do to regain some form of momentum?**



## 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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# Art of Coaching Podcast™



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