



**ART OF COACHING PODCAST™ EPISODE 340:
FRAMEWORK BANDWAGONS & THE ILLUSION OF COMPETENCE**

Is there an issue or project in your personal or work life that you're avoiding or delaying because you're waiting to find the perfect framework or strategy? Describe what it is and why it's important to you.

When faced with a challenge, what type of approach do you usually take—are you more of a researcher, or a fast actor? Have there been times when this approach led to negative consequences?

What resources, whether it be books, articles, videos, or reaching out to a mentor, do you look to for help when you get caught in a tough situation? How do you ensure that these inputs don't become a crutch?



What's really holding you back from going all in and letting go of hesitation when it comes to making progress on what's calling to you? Is it ego, fear, past experiences, or something else? Get real with yourself in the space below.

List three ways you can push yourself out of your comfort zone, lean into your faults, and step into the arena to start actively engaging and developing the competence you need for true growth and transformation.

What's the long-term cost of continuing to procrastinate, waiting for the perfect time or tactic? What's truly at stake if you fail—or if you succeed? Reflect on the risks and rewards, summarize what's on the line, and decide on your path forward now.



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.



Art of Coaching Podcast™
info@artofcoaching.com



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