



ART OF COACHING PODCAST™ EPISODE 351:
KYLE HOLLAND: THE ACCOUNTABILITY GAP & FACING UNCOMFORTABLE GROWTH

Reflect on a situation where you were the party in the wrong. Who was involved, and what context surrounded the conflict? What feelings or reactions came up when you realized your role in the situation?

How did you respond to being in the wrong? Looking back, did you take accountability for your actions, or did you deflect or justify them? What might you do differently if faced with a similar situation today?

Identify one setback that you've experienced recently. What lessons or growth opportunities did it reveal? How might you reframe this experience as a chance to evolve rather than a personal failure?



Think about one of your strengths that could also be a weakness. How has it helped you in certain situations, and how has it held you back? What could you do to better balance this trait?

Consider a recent disagreement on a topic that stirred strong emotions, like politics. Why does this topic trigger such a reaction in you? Are there deeper values or beliefs tied to your response?

Reflect on a major change or challenge you're currently facing. What mindset or response would best help you navigate it? How can you lean into this experience to come out stronger, rather than simply enduring it?



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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