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**ART OF COACHING PODCAST™ EPISODE 375:**  
**UNEVEN EFFORT IN RELATIONSHIPS & WHY DATING IS A GONG SHOW**

Who are you, what are you about, what do you want, and what do you have to offer? Whether you're dating, starting a new job, or in any major transition—if you can't answer these, you're not ready to build something real.

Do you—or someone in your personal or professional life—often fall back on “I’m just too busy”? What might that actually signal about availability, priorities, or avoidance? And what can you do to keep yourself from using the same excuse or accepting it at face value?

How can you protect yourself from the attention trap where swiping replaces real connection? Are there tools or approaches outside the usual apps that could actually help you find something real?



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What are the signs it's time to let a relationship die or walk away from someone who's draining you? And how can you protect yourself from people who latch onto your strengths, not to grow, but to fill a void they won't face themselves?

What are you actually doing to work on yourself? Do you have a process—therapy, journaling, honest conversations with people who challenge you? And how are you reinforcing your boundaries while still growing and expanding who you are?

What's your plan for putting yourself out there authentically—so the wrong people filter themselves out and the right ones recognize your values? What are your non-negotiables? Just like hiring, clarity up front saves time, energy, and heartache down the line.



## **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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