



ART OF COACHING PODCAST™ EPISODE 377:
WHY YOU'RE DRAINED AS A LEADER (AND WHAT TO DO ABOUT IT)

If you were to run a true premortem and assume everything at work fell apart—burnout, missed opportunities, zero growth—how would it have happened? What signs might you be ignoring right now? What can you do to course-correct before it's too late?

List 3–5 ways you may have slipped into too much comfort at work. Maybe you've stopped seeking feedback, turned down challenges, or coasted in a role that used to push you. Where has that comfort cost you growth, and what small shifts can you make to get moving again?

How can you bring up taking on more responsibility with your boss? What would that conversation look like if you led with preparation, accountability, and clarity?



What has to be true about your work for you to feel fully committed and fulfilled? Identify 2–3 non-negotiables. What kinds of challenging projects would stretch you in a good way? What type of leadership brings out your best?

Where do you go—or what do you do—when it's time to reset? Find a space, time of day, and low-input activity where your thoughts can drift and your body can slow down. Write it out, and be honest about whether you've protected that time consistently.

What does a higher level of performance look like for you right now? Be specific. What habits, boundaries, or feedback loops do you need to stay aligned with that standard—and how will you hold yourself to it when motivation wears off?



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™

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