



ART OF COACHING PODCAST™ EPISODE 381:
AN UNAPOLOGETIC CALL OUT TO THOSE WHO CLAIM TO WANT TO BE THE BEST AT WHAT THEY DO

What are your goals for your career? Be honest—why did you choose this profession? List the aspects of it that light you up, and where you see this journey taking you.

What are your strengths and weaknesses? What do people consistently compliment you on? What areas have you been told you need to improve—or know deep down you’ve been avoiding?

How do you define the term “lifelong learner”? Do you consider yourself one? And more importantly, how do you actually get better at your craft in the areas you know you need to?



List the last 3–5 conferences or continuing education courses you’ve attended. What patterns or trends do you notice in the content you consume? CEU requirements aside, what else could you be doing to differentiate yourself and create real progress?

What scares you about testing your weak points? Have you ever attended something outside the usual strength and conditioning circuit or standard recertification courses in your field?

How can you reignite the discomfort and hunger that got you into this work in the first place? What would it look like to harness that drive again, invest in yourself, and push beyond where you’ve settled?



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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