

IN THE RIGHT DIRECTION

Podcast Learning Guide

We learn by trying “experiments.” This Learning Guide is a self-coaching tool to support your personal and professional growth by helping you put ideas from each podcast episode into action.

Step 1 — Listen to the episode or read the transcript.

Step 2 — Answer the following questions:

- What is one idea or concept that stood out to you?
- Who or what situation in your life did it make you think about?
- Where is one opportunity to try out this coaching idea or tool?
- What is one action step you can take to do that?

Step 3 — Share your learning and action step with a colleague or friend.

Lastly, please share with me, too! My email is below, and I’d love to hear how you are putting ideas into action.



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