

# Podcasts

These are a selection of what I consider are good podcasts:

Fantastic one about the philosophy of coaching

<https://overcast.fm/+1ZIHpEG3A>

<https://overcast.fm/+1ZIEHMmcE>

Fear of failure and how to help athletes with anxiety –

<https://overcast.fm/+1ZIETLV1E>

Managing and developing culture in groups and providing safety

<https://podcasts.apple.com/us/podcast/the-secrets-of-highly-successful-groups-with-dan-coyle/id1295773682?i=1000408744390>

A great audio book about Growth Mindset, Overcoming Fear, Resilience and how to take action

*Learner the Audiobook*

## The Talent Equation

Examining the evidence for games based approaches – a conversation with Dr Don Vinson

## Apps to use

Or apples own podcast tool – OR this one is easier to use

<https://apps.apple.com/us/app/overcast/id888422857>

For android

<https://www.stitcher.com/download>

Or you can listen online

<https://soundcloud.com/>