



DANNY LENNON:

Okay, here we are, Krista, thank you for joining me on the podcast. How are you doing?

KRISTA SCOTT-DIXON:

I am good actually, quite good.

DANNY LENNON:

So we are in the early stages of a lot of uncertainty around what's happened globally, and so before we get into some of the other topics I was going to ask about, given that a lot of our listenership are practitioners of some sort whether they are nutritionists, dieticians, personal trainers, fitness professionals, etc., obviously there's a lot of uncertainty right now of what the next few months will even look like never mind how to navigate that, and I appreciate it's kind of very sudden that we've had to start thinking about this – but have you had any time so far to think about some of the implications for a lot of the coaches that say came through PN, the people that you've mentored, the people are asking you questions as someone that's working within the industry? What are some of the initial thoughts that have popped into your mind so far around this?

KRISTA SCOTT-DIXON:

Well, I mean, it's interesting you – like this is a very timely question actually. This will be out after this podcast goes live, but at Precision Nutrition we're actually preparing a structured response in conjunction with lots of other

fitness organizations, like Trainerize and Girls Gone Strong, and the Online Trainer Academy, a response to exactly what you're describing. First of all, recognizing there's tremendous uncertainty, anxiety, financial hardship, all kinds of things coming up for people who work in the health and fitness industry. So we're actually working on a coordinated response to that to say, hey, listen, first of all, we're fully in support of you, we feel the pain that you're going through, we want to help alleviate the suffering in some way, and this may be an opportunity to learn about new ways of doing your work. I mean, you and I were talking before we just got online about how we both work remotely and nothing that's a panacea for everybody, not everyone is going to want to do that work or be able to do that work, but this moment is really forcing us to think about different ways of working and remaining flexible and remaining adaptive in moments of crisis. And to be honest, if it wasn't this, it might be something else, right – industries are always changing and practices are always changing. And so in the lifetime of your career there's a very good chance that some significant component of your job and your role is going to change.

So as a trainer, a coach, or a health and fitness professional, it's really worth thinking about how can I have flexibility in my practice, not just day to day but like could I have kind of diversify more my portfolio so to speak in some way or another, could I add skills, could I add capacities, resources, tools, tactics. And that's a hard thing to think about in a moment of crisis, right, like people sometimes can get real creative in a crisis, but other times it can just feel overwhelming, like, oh my god, where do I even start, now you're telling me to change my career, I just got laid off from my gym, it's just, it's all too much. So people will have different levels of comfort with that idea I think, but I think the general point we're making is that it's definitely something we're thinking about and it's why at Precision Nutrition we're probably

KSD

going to be okay because we have cultivated those remote work skills. So this could be something that a lot of coaches and trainers might consider thinking about maybe not doing forever, but could you add it to your repertoire, and even just as a short-term solution, a lot of the gyms I belong to are offering their training online, like, hey, come and work out with coach so-and-so, 12 p.m., or it's a downloadable workout, or here's some stuff you can do at home, like people are getting really creative on Instagram and Facebook and stuff. So it's cool to see that people are like, okay, what can I do to offer – continue to offer value for my clients to keep that relationship going and to keep my business viable during this time. So yeah.

DANNY LENNON:

Yeah, because I think a lot of time with planning we hear things around how can we build slack into the system, how can we be flexible, like you said, how can we have contingency plans for worst-case scenarios, particularly for those that are self-employed. And oftentimes, at least for me, it's a very easy thing to push off onto – yeah, I'll do that, and I'll plan it, but it's when there's no time pressure on doing it, there's probably an easy way to push it off, whereas what we're seeing now is while it is very overwhelming in horrific circumstances, it's being forced upon a lot of people to start trying to think about some of those things at least and to be able to adapt in some way. So yeah, very trying times ahead, but I agree with you, there are signs of how people are showing some degree of adaptability, and it'll be interesting to see what emerges from that I guess.

KRISTA SCOTT-DIXON:

Oh yeah, for sure, and I mean, I think the good news is that a lot of these pivots can be quick, like some of them will not be, but some of them can actually be relatively quick. And just as an example, I started working again with a therapist that I used to know, and she's a little bit older, and I said, hey, listen, you're in Toronto, I'm in Vancouver – I used to see her in person when I was in Toronto, and I said,

KSD

listen, why don't we do something online. And she, like, for her that was really challenging to think about, but I walked her through. I said, look, we will use this application, and here's how you set up your webcam. Like I walked her through the steps and that was maybe six weeks ago, and now, because of working with me online, she now has all the tools and techniques, and so now she's able to offer seven days a week online counseling to all of her clients that she had in person. So like, she turned it around super quickly, and was like, oh my god, there is a huge opportunity here with just some minor adjustments. So I think the good news out of this is that a lot of these changes can happen really quickly if you're, you know, depending on what you're doing, but I think there's a ton of opportunities to hit it very rapidly.

DANNY LENNON:

If we turn to some of the things I was keen to ask you about, first maybe just to let people know what your specific role currently is within PN and what does work look like nowadays for you?

KRISTA SCOTT-DIXON:

Yeah, my current role is director of curriculum, and I used to be director of all curriculum, and we just recently changed that because we're producing such massive amounts of curriculum that even one person could not do it all. So right now, my main role is overseeing the curriculum development for our fitness professionals, so that would be our certification materials, basically teaching people how to coach both the science of nutrition and the art of coaching, and so my role is really to think about building out our foundational materials but also now how do we start helping people coach in specialty areas. So we're working on a concept which we're loosely calling the PN Academy, it's not a thing yet, you can think of it as like PN University or however you want to imagine it, right, School of PN. But we're thinking about how do we offer even more comprehensive education for people in specific topic areas. So once you get your certification

and you have this really broad foundation, how do you then go and learn about topics that maybe you're more interested in. So for example, we're working on resource for plant-based eating, we're working on a resource about intermittent fasting, we're working on resources for athletes. Down the road, there could be all kinds of possibilities, so that's pretty much what I'm doing now, we're really heavy into the research and the creation. And thinking about not just like, oh how do we hand people a big pile of information, but how do we help coaches coach this material, right, so it's not even so much making information as it is helping people be better and more robust coaches. So that's pretty much what my day-to-day involves, lots of sitting at a computer, surfing Google Scholar or thinking about educating or making diagrams of cellular processes, just creating all kinds of educational materials along with my team.

DANNY LENNON:

And it's very interesting to think about either designing curricula as well as what may be included or changed over time because presumably there has been quite a number of changes and there's always going to be with any nutrition curriculum, I'm sure, like some fundamental things that are never really going to change, that are going to be in there, and are vitally important. But then there's also being probably changes and updates that are being made over time, and especially now that you can think about that question of, well, how do we allow people to be better and more effective coaches – and not just give them this breadth of knowledge, what are some of the things that have been introduced in more recent times that maybe haven't been traditionally within really maybe any nutrition certification, but specifically PN that have been added or changed or modified in some way that are reflective of things that maybe you're excited about that you think can have real implications for coaches?

KSD

KRISTA SCOTT-DIXON:

It's a great question, and I think one of the big ones is focusing much more on teaching meta skills, I mean, it's very salient in the context of this conversation that we're having. If we teach you how to learn, how to know things, how to evaluate knowledge, how to think systematically and critically, then in a sense, the specific content of what you know can evolve over time and you can learn and adapt really, really quickly as new science comes out or practices change. But if you have these meta skills of learning and thinking and interpreting and analyzing all that kind of stuff, it makes you much more effective learner and practitioner, so that's a really big one. Another one is this idea that we're calling deep health, which is really conceptualizing health and performance and wellness as a very multifactorial intersecting set of domains, and I think we all know people who maybe look like they're at the pinnacle of physical health, maybe they have an amazing body or they have terrific athletic performance or whatever. But mentally and emotionally, they are shambles or they are disconnected socially or they don't even have a purpose what they're doing, there's no bigger why, like in other domains of human experience, they're really not thriving.

And so we were like, well, let's continue to push this model of deep health and the biopsychosocial perspective which is considering all of the aspects of being a human being, and how they all interrelate. And even in the context of performance, for example, you think about athletes, you might just imagine, oh an athlete, well, they're just achieving because they have good genetics or whatever. Well, a lot of times athletes also need teams, they need social support, they need a bigger purpose. We all know athletes who lost their purpose and just quit. So once you really start to think about it, you can see how considering all the domains of deep health really does enable better performance or better health or better well-being. So that's a second one. The third one is we're really, really moving away

from – I mean, not that PN was about rules ever, but I think in the past we were much more prescriptive. Years ago one of the first habits in our program was everyone has to take fish oil, and it was like this calculation of how much body fat you had and then how many grams of fish oil you would take, it was very prescriptive, very quantitative. And now we're thinking much more about what we call the owners' manual concept, which is you as the client gather the data about yourself, about your own experience, you are the expert on your own experience and you gather data about yourself and your body and how things work for you or don't. And in conjunction with the coach, you kind of analyze this and make outcome based decisions, and also with your coach, you get to decide what you're willing to do, what you want, what you don't want, what you're willing to trade, and so on. So rather than we get the coach saying, okay, here's your plan to get lean, I say, do you want to get lean, is that something you want to do; if so, how far do you want to go, what are you willing to do for it, how are you willing to change your life, your behaviors, what are you willing to give up, all these kinds of questions. So it really does become much more about a collaborative set of tradeoffs made with the guidance and support of your coach rather than the coach just tells the client what to do. I think those are sort of the big directions that we're going in.

DANNY LENNON:

Yeah, I love those, and I'll probably touch on all three of those that you mentioned, the first one being that focus on meta skills, and it's something that myself and our research communication officer here at Sigma, Alan Flanagan, we've talked about of saying to people there's no point in just being able to break down a research paper for you and tell you what to take from it, but it's much better can you get interested in critical appraisal skills, because then you have this ability to at least not only understand when someone's discussing a paper but to be able to go and do that thing yourself, it's very similar thinking in

KSD

meta terms. One thing that I want to ask about the second thing you mentioned in this concept of deep health, and as you mentioned that there's all these other facets that are probably more important than maybe the surface thing that people initially think they want to change, for me at least, and knowing so many people within the health and fitness industry, learning about that stuff is not just useful for a coach for how they can help others do that, but I find so many professionals would themselves benefit from that knowledge because how many of them don't have a lot of those things in place for various reasons that maybe they just missed, or that they haven't paid attention to, or the culture previously had got them to focus on the wrong things. So I'm just fine – I'd be interested to hear insights of coaches that are going through that process of learning this in terms of how we can help clients, is also part of that factoring if we can make coaches healthier people all around, they're in a better position to help others.

KRISTA SCOTT-DIXON:

I think you put your finger on one of the essential challenges and it's why I designed the level 2 certification to work exactly as it does which is that there's kind of an alternating cadence of, okay, one week we work on you, the coach, and then the second week we show how to apply that to clients, but there's always this kind of like coach-client, coach-client, coach-client oscillation going on, because I think of coaches as almost like athletes of the human condition, mental athletes, emotional athletes, not just physical athletes, but like athletes of our sport is to help others be better humans in a way. And so there's so much involved in that role that requires us to cultivate all of our humanness and human skills and human capacities. So for example, if you're a coach who has the physical part of things locked down, maybe you're really good at programming, maybe you're really good at assessment, maybe you're in super great shape yourself or you're an ex top athlete, but you can't attune to your athletes' emotions, you



can't problem-solve effectively, you can't remember things, you can't learn, you don't have a purpose – you are socially disconnected, no one can get along with you. Like, you're not going to be an effective coach. Or if you're someone who's a coach who maybe had your own transition or journey or struggles coming up as an athlete or however you came to coaching and then you start working with clients, well, they're going to activate all of that stuff. If you had disordered eating, if you had body anxiety, if you had impostor syndrome, like whatever your personal struggles were, as you work with clients, it's going to activate all of that. So you better have your own stuff at least halfway figured out, before you start working with clients or you should be in practice of it working with clients which is I mentioned a therapist earlier, I think that all coaches should in some way be working with a mentor, a coach of their own, a counselor, a therapist, whatever their specific needs are, but coaches should themselves be getting coaching because we are athletes of the human condition, and so this is our game, this is our sport, and all sports have coaches, so this is where we should be placing our attention.

But no, I think you're definitely right, and a lot of coaches go to a really difficult place as they continue to practice. One of the issues I see all the time is coaches over-caring and burning out and overworking and not having really good boundaries, and that has repercussions on their own physical health, mental health, social health, their relationships and so on. So there's lots of things that this work can bring up, and this is a difficult sport to be playing.

DANNY LENNON:

Yeah, and I think within that piece, one of the tough paradoxes is there's almost a stigma sometimes about being vulnerable as a coach, because there's this preconceived idea that, well, we need to be this pinnacle of an ideal that clients then aim for, because that's why they're hiring me. So there's this maybe suppression of some things that we are

KSD

insecure about or showing vulnerability or sharing with a client that, hey, we're kind of in a similar boat in some of this stuff to you, I'm here to guide as opposed to be something that you're aspiring towards... is that making sense?

KRISTA SCOTT-DIXON:

I think it totally makes sense, and I think that you are capturing one of the fundamental misconceptions in coaching which is that there's this myth that my clients should aspire to be like me. As a coach, my job is to be an aspirational role model for my clients which means that I have to epitomize that exact mythical future that they all envision for themselves. I have to be in absolutely perfect shape, living a perfect life, and the pressure is super high for coaches because, unlike many other jobs like accountants just have to be good accountants, whereas coaches have to exceed and excel in every domain, we have to be in great shape, and we have to eat well, we have to get our sleep, and we have to not drink too much or, like, we put so much pressure on ourselves to be excellent in all of the lifestyle and health and fitness and performance domains. We have to be hitting PRs in the gym all the time, we have to be internationally competitive, whatever we imagine we have to be doing, and that is just flat-out wrong because that's not the job that our clients are hiring us to do. And when I talk to coaches about this, I try to get them to be in the mindset of the client. If I'm coming to you as a coach, I need help, I'm suffering in some way. Now, there is occasionally an athlete who feels pretty good and feels like they could just be better with a coach. So they're like an A and they're like, I want to be an A+ or A++, I need a coach, but I'm already in a pretty good place. But that's rare, most of the time the client is coming to you in crisis and suffering in uncertainty, some things just happen in their lives, they just hurt their knee, they just hurt their back, they've just been rejected by someone, they've just gotten divorced, like there's all kinds of things that bring you to a

coach and most of them involves suffering in crisis and pain.

So I don't want you to be incredible, I want you to help me and solve my problem. I don't care if you're awesome, if you have incredible abs, that's not what I – that's not the job you are here to do for me. So I do think that is really one of the biggest misconceptions in coaching, and coaches put so much pressure on themselves about it, which ironically often leads to them not solving the problems. So for example, I have coaches – I coach a lot of coaches in my own client roster, a lot of them are stress eating because they're stressed out about not having the perfect body, like it's just an incredibly ironic outcome. So the more they worry about being a perfect coach, the less of a good coach they're actually able to be in lots of ways. So it's a little bit of a tragic irony, but to flip that, as you say, we're walking on the road with our clients, and maybe we're a little further ahead in our own thinking and development and evolution, but we're still on the road, more or less near them, we are with them, we are not in some amazing abstract place of perfection.

DANNY LENNON:

It's interesting because I think a lot of coaches actually conceptually say that, like they will say to people, hey, I'm here to guide you along, I'm not like a dictator telling you what to do. But practically, when you would ask someone like how would you explain what that looks like, I think there can be some kind of mixed messages where the third component you mentioned around like the owner's manual, I think that kind of hits at the core of it, is that distinction between prescription versus autonomy. So how can we build autonomy into this process for this client, that's how you become a guide to doing things that there's these discussions back and forth, and it's like a mutual decision making process as opposed to can you fit to this prescription. And so the more and more you peel it back, yeah, it's two people talking, someone has an informed

KSD

perspective to hopefully help someone get the right question, but the answer is still going to be dictated by the input from the client as well, and I think that's what hopefully people are aiming for when we say guiding people along as opposed to being a dictator, but sometimes that's hard to be really clear on, I guess.

KRISTA SCOTT-DIXON:

It's hard to relinquish that ego gratification, and so maybe it's not even being a dictator, but I think a lot of coaches get hooked on fixing people, all right. If I could just fix this person, if I could just care for this person enough, if I could care enough about their issues that they'll want to care about their issues, I think for a lot of coaches – I mean, some coaches love telling people what to do, I certainly do and so it's an impulse I have to like stamp down every day. But I think for other coaches the ego gratification comes in with, look how much I'm caring, and look how much I'm giving to you, and look how much I'm trying to motivate you, and really any agenda that we bring to the table with our clients outside of guiding and supporting them to achieve their own goals is a little bit of a tricky game, like I think you always want to be aware of what is it I'm really trying to get under the situation; and if I'm feeling stressed or frustrated or anxious, like why is that, am I pushing someone too hard to change who either doesn't have the tools or the skills or the desire to change in this moment. I think as coaches we make a lot of assumptions about how people want to live their lives or should want to live their lives, and so a client comes to us and one thing I see a lot – I coach a lot of women at midlife, I mean, they drink a lot – midlife is a tough road for women, so there's a lot of drinking going on. And so as a coach, I could say, oh drinking is bad, you shouldn't be drinking, blah, blah, blah. And some of them say, listen, yeah, I do want to cut down. Others are just like, you're not taking away my wine, you're not taking away my cocktails. And I'm like, okay, like it's not my job to fix something that you don't want to be fixed.

KSD

And so I think coaches can understand this intellectually, but it's very hard to internalize it and to have the absent ego enough to say to a client, you know what, if you don't change this, I'm good, I'm completely fine with you not changing whatever this thing is right now. And that's like, look, that's really fear inducing for coaches because they're like, if I don't make my client change, they're not going to pay me money, I'm not going to have business. And so they push, push, push, or they try to fix or whatever, but again, paradoxically, a lot of the time when we push and try to fix, we get the opposite of the intended effect.

DANNY LENNON:

How much of that do you feel is what metrics coaches are choosing to judge client "success" as that if you pick the wrong metric of, well, if they keep doing these certain habits, then they won't get the same degree of success that they could have, they could have this greater transformation in their body that I've been told is an indicator of how good I am as a coach because that's what people think is a successful outcome, and there's maybe that resistance because they're using the wrong metric of what actual success is in a client-coach relationship.

KRISTA SCOTT-DIXON:

I think you nailed it absolutely, and I'd even add to that, which is that we've started to mistake the metric for the goal. So someone will say, oh, my goal is to weigh X amount, my goal is a weight, my goal is a body fat. I'm like, that's not a goal, that is a metric that tells us about the quality of the process and it maybe gives us an indication of some capacity that you're building. So for example, if I'm 400 pounds and I get down to 200 pounds, maybe that dramatically increases the activities that I can do in my life. But the 200 pounds is not the goal, the goal is live a better life, live a more active life, and more a life where I have more opportunities. So I think people get really confused about like what is the actual goal because, for most people, the goal is actually a feeling, it's not a number, it's how I want to feel

when I accomplish a certain outcome. And I mean, weight is a great example, like people associate being a certain weight or body fat with feeling confident, feeling worthy, feeling valid, feeling loved, feeling like they belong or whatever, so it's not that body change won't get them that feeling, but those are kind of two unrelated things a lot of the time, and so I think your point is really well taken that in coaching we tend to use often the wrong metrics – whether a client loses weight or not in the short term tells me nothing or very little about the quality of their behaviors, their internal process, how they're changing their thoughts, because there's often a real lag time on it. Like, you might have to spend a year changing your inner environment before your body responds. So if you don't lose weight for a year, do you fail? No, of course, not. And we've written about this a lot, like I think there's an article called something like Why The Scale Sucks or something like that on our website, and it's not that bodyweight is relevant, it's just that there are all these other indicators, how are you sleeping, how are you feeling, how's your mood, how are your thought patterns, are you more self-compassionate and critical, are you able to step back and be analytical, are you eating your fruits and vegetables, are you getting outside. Like, there's so many behaviors and processes that we could be tracking that we are really not.

DANNY LENNON:

The thing is when people step back and think about it, if people were to start being generally more physically active and enjoying going for a walk and getting better sleep and their food quality improved, even when we don't see weight loss for whatever period of time or for whatever reason, it's hard to imagine people that would adopt some of those behaviors and not feel better, for various reason, both physically and psychologically, which I think is kind of one of the foundational pieces that people within the weight neutral approach or proponents of that get right, is that, hey, there's lots of ways that people can actually feel better

physically and psychologically before one specific metric changes or doesn't change. And I think there's a lot to be gleaned from that, as you've just kind of outlined, so that's particularly a valid point for a lot of coaches. With that, I do want to ask, and this is again a very broad generic question, so I apologize for that – but where we are right now, within the nutrition coaching space, and maybe even more broadly, the health and fitness industry, do you feel that it's been getting better, worse, the same over the past number of years, how have you seen that evolution, and do you view it in a optimistic or pessimistic light because for me, depending on the day and what I end up seeing online, I can either swing between very optimistic or pessimistic about where we're heading.

KRISTA SCOTT-DIXON:

Yeah, I would say, probably both things are true. You could do both and everything in between, it's moving in all the directions. And so, I mean, you could look at the negative and say, it's an increasingly commercialized industry where useless supplements are peddled or unrealistic body images are presented or everyone's trying to sell something or – I mean, you could say there's lots of negative aspects to it, and I try to look at the positive angle though which is really that we are seeing so many opportunities as human beings to have the movement in an industrial society. So I mean, 20,000 years ago, this is an irrelevant question anyway, but living in the 21st century presents us with particular challenges around getting movement and being healthy, and I do believe that there is a core of people who are truly committed to facilitating health and wellness and performance in people. I mean, one thing I've really been struck by, whenever I go to talk to coaches and fitness professionals, like 99.9 of them are really caring and committed service oriented people. They are there because they legitimately want to help other human beings, and I mean, I don't know if you'd find an industry with that many people like that,

they're keen and they're motivated and they're enthusiastic and they really, really, really want to help.

So for me, I feel like it's moving in a more positive direction. I mean, there are some things I'd like to see. So for example, I would like to see a lot more integration of domains such that there's not so much antagonism between different disciplines or different approaches to things, like you'll have people say, oh calories in versus calories out is bullshit. And you have people saying, oh no, these people are morons, they don't understand physics. Like, I mean, divisiveness is not super helpful, I think biology and life is so complicated that there's room for lots of nuances. But I do feel, on average, mostly optimistic, because I think there are tons of opportunities there to help people in very meaningful ways, provided that people learn about how to do it. But I think, look our understanding of human psychology has come so far in the last several decades, we now understand so much more about how the brain works, how to motivate people, what people need, how to correctly care for people; and physiologically too we understand way more about how the body works.

So I'm hoping that with this increased amount of knowledge will come a better level of practice. I mean, we can all think back to that sort of stereotypes like 1950s gym teacher, like they were kind of one-trick ponies, physical educators several decades ago were one-trick ponies, whereas now, I mean, as a coach, you could have an incredibly interesting and fulfilling professional career because there's so much to learn, because there are so many skills to gain, because you can train yourself to help such a wide variety of people. So I kind of tend to lean more optimistic just in general, that's just my alignment. I try to light the candle, the proverbial candle, rather than stumble in the darkness.



KSD

DANNY LENNON:

No. And that's it, there's a lot of aspects to what we refer to as the fitness industry, and many of those are removed from coaching. So I do think in regards to coaches, probably the average standard now has never been as high or coaches are not as aware of so many of the things you mentioned around just how to communicate with people, that's in a useful manner, as opposed to just prescribing people based on nutrients. So yeah, I think coaching standards are definitely higher, so that's good. One thing I do want to ask specifically for all the nutrition professionals within our audience is, is there a maybe an untapped resource or an often underutilized tool that nutrition professionals you feel could be using more of or make more use of?

KRISTA SCOTT-DIXON:

Yeah. What a terrific question. I don't think I've ever been asked this before. I think this is really a wonderful question. I actually – like, the answer that comes to mind immediately, and I know like 20 minutes after this conversation is done, I'll be like, ah, I just came up with the best answer – so for all you listening, bear in mind, imagine me saying whatever I'm going to say 20 minutes from now, but I think it's funny because the more experience I get, the more I love simplicity, and the basics in the essentials, and I strongly believe that one of the most underutilized tools we have is our own powers of observation and connection. And like, think about life, okay, so it's 2020, think about life in the 21st century, how many people are truly listened to on a daily basis, how many people get unconditional non-judgmental space creating time with someone else where someone's like, you know what, I'm genuinely interested in you, tell me about you right now, tell me what's happening for you, what are you noticing, what are you observing, how's your life going, not that coaching has to be a therapy session but nutrition professionals and fitness professionals I think rush to talk, they rush to tell and direct and lecture and inform and educate. But we don't rush to listen, and there's so much that you can understand about a client

just by hanging back and watching and listening and attuning to body language and what words they choose and how do they hold their posture and where do they put their eyes, like to become a skilled observer of human beings is an incredible tool in your arsenal. Because then a client might come to you, maybe you have clients who filled out an assessment form in identical ways, but when they sit with you or you interact with them, you just know this one needs this, and this one needs that, and this one needs another, and this one needs this kind of language or this kind of metaphor or whatever. And so often when I coach, I can, because I've developed a skill over the years, like, I'll read half an intake form and say to my client, oh, you seem like the kind of person who does X, Y, and Z. They're like, oh my god, how do you know that. And I'm like, it's not superpowers, it's just highly attuned observations.

So we focus so much of our skill building in the telling domain, I need to learn more about nutrition so I can tell my clients stuff, but we really don't focus a lot of our attention in the receiving and observing and analyzing end of things. So you can learn more from five minutes with a person if you're observing them really, really well than you will from going through like a week of MyFitnessPal data very likely. So that's what I would say is, there's an underutilized tool, it's your eyes and ears.

DANNY LENNON:

Amazing, what a wonderful answer for something that was off the cuff. If you can do better than that in 20 minutes then props to you, because that was just fantastic. Krista before I get to the very final question, for people who want to find you on the internet, on social media, any other stuff you want to bring to their attention, let people know where they can find you.

KRISTA SCOTT-DIXON:

Yeah, well, I mean, precisionnutrition.com is always a good source, lots of free stuff, free articles, you can just go in there and we have so

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much, hundreds of articles literally. You can find me on Facebook, Krista Scott-Dixon, on Instagram @stumptuous. If you're looking for my book, Why Me Want Eat, you can find that on Amazon. So I'm pretty easy to find if you just google Krista Scott-Dixon or stumptuous.

DANNY LENNON:

So with that, Krista, we come to the final question I always end the podcast on, and this can be completely separate from what we've discussed today, and it's simply: if you could advise people to do one thing each day that would have a positive impact on any area of their life, what would that one thing be?

KRISTA SCOTT-DIXON:

I would say, it is to pause and take a moment and get present with yourself and kind of remind yourself who are you, what are you doing here, what is the point like, you know, not to be too existential but just to be like, okay, wait a minute, what's happening here, where am I, and what's beautiful about what's in this moment around me. And I think this is especially a salient practice in a time when it feels like the world is going absolutely crazy. This morning I woke up and I looked out my window and the cherry trees are starting to bloom and there was a street light that illuminated just one tree, and so everything was dark but this one tree was just glowing, and I stood there and I looked at this tree and I was like, goddammit, that is amazing. And that is the power of the pause, stepping out of the river of your life and reaffirming your commitment to humanity, to being a human being, to being on whatever values-based path that you're on for yourself, however that looks for you, but these moments of pausing, this is when you can acquaint yourself with yourself and what you want to be doing. So in such a simple practice, I mean, it's not even meditate – it's not even as advanced as meditation, it's just a pause and I get quiet for a minute and just go okay, what's happening, what's around me, and how is this moment beautiful or real in some way. So nothing to do with eating broccoli or doing CrossFit or running

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marathons or anything like that, but I think this is really an essential practice for everyone.

DANNY LENNON:

I love it, and what a wonderful way to finish off, and I really enjoyed this conversation.

KRISTA SCOTT-DIXON:

Well, thanks so much for having me.