



**ART OF COACHING PODCAST™ EPISODE 145
NAVIGATING POLITICS IN THE WORKPLACE**

How do you feel about the word politics? How did you respond to the title of this episode before you knew what it was about? Do you struggle to talk about politics (of any variety)?

What's the difference between macro and micro politics? Give an example of both.

When and where have you experienced office politics recently? What was the situation, who was involved, what were they trying to get at? How did you realize it?



Sucking up to authority, backstabbing a colleague or friend, having insidious goals or motives, and taking credit for someone else's work are all examples of “negative” office politics. What's another example?

Social astuteness (the ability to read other people) and external self-awareness are examples of positive office politics. What's another one that you've experienced or engaged in? In other words, what's a positive influence tactic?

How do you teach strategies of influence and persuasion within your own community? For example, is it a part of your on-boarding?



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.



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