



**ART OF COACHING PODCAST™ EPISODE 169
BE A HUMAN! TIPS FOR NOT SCREWING UP KEY RELATIONSHIPS**

In what settings do you struggle being direct? Give an example of a time you beat around the bush or used unclear language to communicate something.

Do you view assertiveness and aggressiveness as being the same or different?

Compare, contrast, or explain the story of Elon Musk & Bitcoin OR Japan/The USA & "mokusatsu". How do these stories help explain the nuance of communication and misinterpretation?



Practice a 24 hour recall by making 3 columns in the area below. In the first column identify something you said or texted to someone. What you were you trying to say at the base level? In the second column describe what actually came out. In the third, make a list of all the ways they could have misinterpreted it.

"Meanings are not in words or phrases, they are in people." What does this quote mean to you? Describe an example of this playing out in real life.



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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