



**ART OF COACHING PODCAST™ EPISODE 180
REDEFINING HOW WE SPEAK ABOUT COMMUNICATION & THE ART OF COACHING**

Recall one of the definitions of communication Brett mentioned in this episode and describe it below. Do you agree with this definition? Why or why not?

One way we can change the way we speak about communication is by discussing the +/- outcomes stemming from it as opposed to trying to define it outright. How would you describe the benefits of good communication or the downsides of poor communication in your life?

If you're a coach, how do you actively practice coaching? If you're not a coach, how do you actively practice your craft or professional skill?



Have you ever coached or led someone from a different culture or country? Have you ever been coached or led by someone like this? What was different? What was similar?

Brett talks about building trust through "micro-interactions". What does he mean by this? Do you or could you apply this strategy anywhere in your life?

Define communication in your own words.



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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