



ART OF COACHING PODCAST™ EPISODE 194

HOW TO BECOME A BETTER LISTENER

In your own words, describe the difference between listening and hearing. Be honest, describe the ratio of time you spend doing each on a daily basis.

Give an example of each of the types of listening: discriminative, comprehension, evaluative, empathetic, appreciative. Which do you use most frequently?

Give an example of when you are each of the following types of listener: people, content, task, time. Which do you exhibit most frequently?



Describe the most annoying characteristics of a poor listener. Now describe the most helpful characteristics of a good listener (verbal and non-verbal). Be specific. Draw a picture if it helps.

What benefits or outcomes can listening give you (besides the obvious)?

What do you struggle with most in terms of listening?



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.



Art of Coaching Podcast™

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