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**ART OF COACHING PODCAST™ EPISODE 206**  
**HOW TO TELL YOUR PARTNER YOU WANT TO QUIT YOUR JOB**

Have you ever had to have this specific type of conversation before? Do you think it might happen in the future? How did it go? How could you envision it going if you had to have this right now?

One reason conversations like these tend to go poorly pertains to the fact the other person isn't in your head and they haven't had time to process and think through all aspects of this looming decision. What's one way you can prevent this?

Brett recommends brainstorming reasons your partner might be hesitant to a new idea or big decision prior to coming to them with it. If you were to leave your job today, what would you need to consider about your partner and their context?



**Flip the script. If your partner came to you with big news, what would you want them to consider about your current situation? What would make you hesitant?**

**Are you generally more of a risk taker or risk averse? How about your partner? How does this impact how you both view decisions or conversations like this? What could you do to make your partner more comfortable and vice versa?**

**What's something Brett or Liz suggested that you hadn't considered before?**



## Art of Coaching Podcast™

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### 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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