



**ART OF COACHING PODCAST™ EPISODE 207
HOW PERCEPTION IMPACTS COMMUNICATION AND RELATIONSHIPS**

According to this episode, what is the definition of perception? In your own words, what is the difference between subjective and objective?

Describe something (a food, movie, sport, etc, brand, etc.) that you and someone in your family (or a loved one) disagree or have a different perception about. What do you think contributes to this difference in perception?

There are three stages to perception: Stimulation, Recognition and Action. Give an example of a decision you've made, and describe what stimulation looked like, how recognition occurred and what particular action you took.



There are probably hundreds of variables that go into how we perceive things but on this episode Brett describes 8: Habits, Motivations, Locus of Control, Self-Awareness / Education, Social Background, Media / Social Agents, Timing, and Physiological Needs. Talk about an opinion you hold, and how each of these variables have played a role in you forming that perception.

What is the better than average effect and how it does it relate to perception?

What can developing a theory of mind help you do better?



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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