



ART OF COACHING PODCAST™ EPISODE 225
HOW TO GET SOMEONE WHO IS SHY, QUIET OR LESS SOCIAL TO OPEN UP

Describe a recent situation in which you've struggled to get someone to open up or you've had difficulty connecting with someone who's shy or less social. What tactics or strategies did you try? What was the result?

What does Brett say NOT to do when coaxing someone to open up? Why?

What's the key skill underlying all of the other tips discussed in this episode?



Why is it so important to use a mediator or third party when talking to someone who tends to be shy and less forthcoming with information?

At what point do YOU tend to give up when trying to converse with a shy person? What tips / tricks from this episode are you most likely to try in the future?

Can you think of any tips / tricks that have worked for you that weren't mentioned in this episode as ways to connect with shy or less social people?



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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