



ART OF COACHING PODCAST™ EPISODE 228
HOW TO USE THE RIGHT PLATFORM FOR YOUR MESSAGE

What are the most common mediums you use on a daily basis?

What is your preferred medium to use in each area of your life? i.e. with different people at work, your significant other, children, parents, friends, etc.

In what areas does your preferred medium work well for you?



In what areas does your preferred medium not work well? Which medium/s would work better in those situations?

Name several examples in your life where written evidence is more appropriate than face to face interaction.

How do you like your coffee? Remember to personalize your communication more than your coffee! Name 3 people and how you will "personalize" the medium when you communicate with them.



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™
info@artofcoaching.com



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