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**ART OF COACHING PODCAST™ EPISODE 231  
HOW TO CRAFT THE PERFECT APOLOGY**

What are your "apology tendencies?" In which situations do you habitually apologize/ say "I'm sorry?"

Describe a situation in your life where an apology made things worse. What was the reason and how could it have been adjusted for a better outcome?

What are some things that you apologize for, but do not follow up with corrected action?



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**If you find yourself rushing into an apology, what is your reason for the rush?**

**Think of a situation where you may need to apologize. What are the things you need to know about your audience? How do you find the answers?**

**In the same situation from the previous question, what is the medium you can use that has the highest social presence and media richness?**



## 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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