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**ART OF COACHING PODCAST™ EPISODE 240  
THE 4 STYLES OF COMMUNICATION**

In your own words, describe each style of communication.

Realist: \_\_\_\_\_

Analyst: \_\_\_\_\_

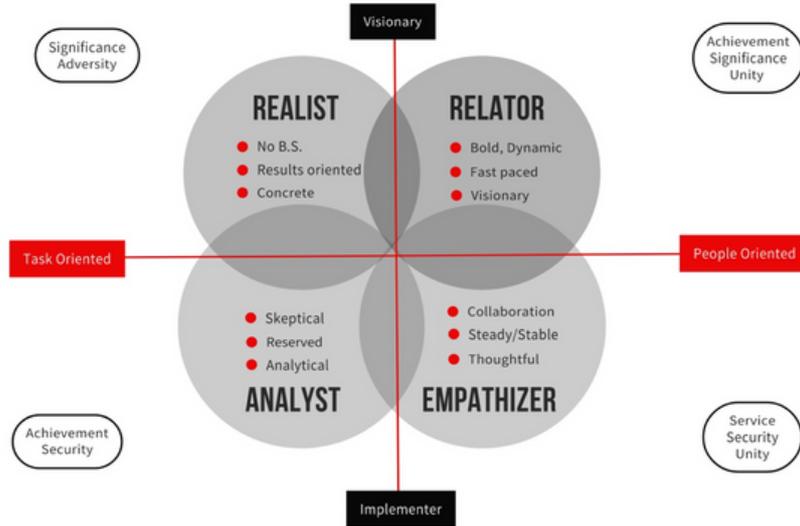
Relator: \_\_\_\_\_

Empathizer: \_\_\_\_\_

Draw out the quadrants described in this episode. Where do you think you fall in the different areas of your life?

Who are the top 3-5 people you converse with regularly? Where do you believe they fall within the quadrants?

## WHAT TYPE OF COMMUNICATOR ARE YOU?



Based on where you placed each person in the quadrants, identify which context you're referring to. i.e. Person A screws more "realist/ analyst" at work than at home.

If you were trying to convince those 3-5 people of something, which influence tactics would you use, based on where you placed them? Write an example of each.



## 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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