



**ART OF COACHING PODCAST™ EPISODE 243
DECONSTRUCTING DISAGREEMENTS AT WORK & IN LIFE**

Describe one conflict you've experienced and one you anticipate happening in the future to apply the LISTEN framework to.

L = LEARN. Describe your context using the "Components of Communication" graphic referenced in the show notes as a guideline.

I = IDENTIFY. What power dynamics, drives, and communication styles were present? (Both you and your audience)



S = STRATEGIZE and T = TRIAL. How could you have used the above information to tailor your message for your audience? Did you practice, or go in unprepared?

E = EVALUATE. What did success look like relative to situation? What worked, and what issues remained after the conversation?

N = NEXT STEPS. What do you need to practice or do better to prepare yourself before the next conflict arises?



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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