



ART OF COACHING PODCAST™ EPISODE 258

CANDOR WITHOUT COMPROMISE: STRATEGIES FOR BEING BLUNT YET RESPECTFUL

Think of a time when you approached a conversation bluntly. If you've never done that, think of a situation where you may need to. Write out how you did it or would have approached the situation prior to listening to this episode.

In this situation, did you utilize "I" statements or hedging statements? If not, write down 2 ways you could have utilized these tactics.

Were you aware of your paraverbals (i.e. tempo, tonality, volume)? In what ways do you struggle with these? List 2 adjustments you would make if you had that conversation again.



Putting yourself in another's shoes is hard when you disagree with them. But if you don't do it for them, why would they be willing to do that for you? Are you willing to understand and acknowledge the feelings of the other party?

When it comes to timing, what did or didn't you consider? List 3 timing factors that influenced the outcome of this conversation (i.e. time of day, schedule, phase of life).

How have emotions muddled your message in the past? List 2 strategies you can use to avoid that in the future.



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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