



ART OF COACHING PODCAST™ EPISODE 260
BEYOND WORDS: A DEEPER LOOK INTO NON-VERBAL COMMUNICATION & HOW IT IMPACTS US

List below 2-3 examples per category of ways you utilize these non-verbal communication tactics on a regular basis.

Haptics: The use of touch

Kinesics: The use of body movements and/or gestures

Proxemics: The use of space

Aesthetics: What you wear and how you wear it; adornments or decor

Biometrics: Physical characteristics

Describe a situation when you used 1 or more of these tactics successfully (a score of 3 if you were evaluating yourself). Why do you think that was appropriate in that specific context?



Describe a situation when you used 1 or more of these tactics unsuccessfully (a score of 0 or 1 if you were evaluating yourself). Why do you think that was not appropriate in that specific context?

Think of an upcoming interaction. Which of these tactics would be appropriate for you to use in that situation? How will you use it?

Use the same interaction or think of a different one. Which of these tactics would be inappropriate to use and why?



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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