



ART OF COACHING PODCAST™ EPISODE 266
HOW TO FIND YOUR VOICE & GET OUT OF YOUR HEAD

Think of a time when you had a message you needed to convey - whether to an individual or a group of people. What steps did you take to prepare for that conversation?

We can't speak authentically without knowing our values, or the foundation of where our message comes from. In this instance, what were the values that grounded your message?

Did you find yourself conforming to social norms that weren't genuine to you? If so, what were they? How could you have acknowledged them without conforming to them (social agility)?



What does your creative process look like? How do you explore your range?

Check out [this video](#) on the Johari Window. Apply this exercise to your example, and write down 3 pieces of information that helped or hurt you in reaching your goal. If you relived this event, what information would you share that you didn't before?

Write down 3 ways you can deliberately and specifically practice for these conversations. Our upcoming [Speaker School](#) is a great way to get the guidance and feedback you need to truly find your genuine, unique, and agile voice!



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™
info@artofcoaching.com



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)