



ART OF COACHING PODCAST™ EPISODE 270

HOW TO BUILD TRUST SO YOU CAN DO YOUR JOB, HAVE MORE AUTONOMY, & HELP MORE PEOPLE

Think of one person you really struggle to build trust with, and as a result, you feel constrained to do what you do best. Why does this struggle exist?

The first step in the 3R Framework is Research. What research have you done to find out their cares, concerns, and pain points? Why should they trust you?

Two strategies outlined in the episode are - A) have a great plan and B) seek out their feedback. Think specifically of an example where you've attempted these strategies. In what ways could you use these approaches again, differently or better than before?



Trust will have an impact on organizational culture, which will influence behaviors and decision making. List 2 examples of where you've seen this concept play out.

On a scale of 1-10, how do you rank yourself as a communicator? Why? How do you evaluate yourself? How do you practice this skill? If you don't have a clear answer for these questions, come to an Apprenticeship - you'll receive a feedback form and quantifiable evaluation for you to take home, and the opportunity to practice in a supportive and growth based environment.

Being a strong communicator isn't enough to be a strong leader. Leadership demands an understanding of the interplay of communication and context, and the skill of social agility. If you're unwilling to put skin in the game now, what are you willing to risk by being underdeveloped in these areas?



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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