



ART OF COACHING PODCAST™ EPISODE 275
A PARENT'S GUIDE TO EFFECTIVE DIALOGUE WITH DIFFICULT OR NEGATIVE COACHES

Have you ever been on either side of this type of conversation or something similar? Maybe you witnessed one? Describe the situation - what happened to prompt the conversation, when did it happen, and what was the approach?

The first piece of advice given in the podcast is to seek to understand. Pretend that you're the parent in that situation. List 3 things that would have been difficult for you in handling it.

Now pretend that you're the coach in that situation. List 3 things that would have been difficult for you in handling it.



Another huge factor in approaching these situations is timing. List out 3 opportunities that would be appropriate and 3 that wouldn't be for initiating this conversation.

Knowing your audience is key to communicating with them in a way that they understand. Refer to the [Art of Coaching Podcast E187](#) or [Conscious Coaching](#) (book) for an outline of archetypes. Describe your audience below, then see if they match up with any of the outlined archetypes.

There are 3 main categories of consideration for approaching conversations - your audience, yourself, and your landscape (basic psychology and sociological principles i.e. human biases and context). Taking these into consideration, create the ideal approach to a tough conversation you have coming up.



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™
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