



ART OF COACHING PODCAST™ EPISODE 278
VICTOR HALL: QUIET INFLUENCE - HOW TO IMPACT OTHERS AS AN INTROVERT

What are the top 3 principles that guide your interactions and attempts to influence people?

What techniques or tactics do you use with some people, but you know wouldn't work with others? How do the tactics change, yet stay true to your principles?

What gaps do you have in your natural tendencies that you have to work hard to fill? List 3 strategies you use to fill those gaps (i.e. how do you practice/ evaluate yourself?)



Think of one stand out opportunity that you've had in the past or that you have coming up. List at least 2 specific things you can do to prepare for that interaction.

What principles/ opinions have you changed your mind about over the course of your career?

What "devil" do you have on your shoulder? Describe a time where that tendency has served you and a time when it's hurt you. How do you manage it?



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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