



ART OF COACHING PODCAST™ EPISODE 279
DR. ALEX LYON: POSITIVE COMMUNICATION FOR LEADERS

In the same way that Dr. Lyon noticed common threads between communication and music - creating, polishing, and structuring - what common threads are there between your career and your seemingly unrelated hobbies?

Think of an area in your life where you may need to slow down a little now in order to speed up in the long run. What is 1 thing you can do TODAY to invest in the long run?

Think of the relationship you have with your superior or with your subordinate. In your typical interactions, is there a communication channel or an authority channel? Describe the kind of environment has been cultivated in that context, why that is, and 1 thing you can do to improve or foster it.



In what situations do you receive feedback well, and in what situations do you respond less than optimally? Why? Think about the people involved, the topics being addressed, the power dynamics present, the timing, etc.

The 6 Key Behaviors described by Dr. Lyon include greet people, ask great questions, compliment others, self-disclose, give encouragement, and listen. Rate yourself on a scale of 1-10 in each area, and describe why you gave yourself that score (give specific evidence to support your answer).

Which of these 6 behaviors do you struggle with most with and why? List 1 specific thing you will do this week to improve in each category.



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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