



ART OF COACHING PODCAST™ EPISODE 282
UNDERSTANDING NEURODIVERSITY: STRATEGIES FOR CLEAR COMMUNICATION
& COLLABORATIVE LEADERSHIP

Neurodiversity simply shows us that not all brains work the same - that we have different ways of thinking, receiving information, etc. List out 2-3 individuals you interact with regularly who's brains' clearly work different than your own.

For yourself and each of the above listed individuals, describe the differences, strengths and weaknesses you each present in a variety of contexts.

If you were building a team, list out the different qualities you might look to hire or fill different roles. Do you know people who fit these roles already? What roles are not filled that you would need to seek someone out for?



Think of a time you had to teach or coach someone, and you had to describe a concept several ways before they understood. What worked and what didn't?

List out 10 ways of saying "I am happy" or another phrase of your choosing. This can be a random statement or something you explain often in your personal or professional life.

List out 3 specific ways you can advocate for the neurodiverse individual (whether that is yourself or someone you interact with). Make these ways actionable and scheduled to increase the likelihood that you'll do them.



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



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