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## ART OF COACHING PODCAST™ EPISODE 289

### HOW TO GET SOMEONE TO QUIT INTERRUPTING YOU: CONSIDERATIONS & STRATEGIES

Do you or someone you know fall into the archetype category "The Interrupter"?

Try to identify the context in which this habit tends to occur. Describe the stakeholders present, the location, the noise, the medium - any components of communication that might influence the situation.

Referring to the individual from the above question, dive deeper into their qualities and characteristics. What is their drive? What type of communicator are they? What type of listening style do they use in these situations?

Based on the above analysis, what do you believe is the main root cause of the interrupting habit? List 2 strategies you can use to manage these interruptions.



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Reflect on the root causes listed in the episode - asserting dominance/ control, lacking impulse control, eagerness or excitement about the topic, a need to contribute, fear of forgetting, lacking self-awareness, and anxiety or insecurity that leads to the need for validation. We all feel these things at one time or another, but they can present differently in our lives compared to someone else's. Do any of these root causes express themselves in your life? If so, what does it look like and in what contexts?

Think of a time when you have interrupted someone, and it negatively impacted the conversation. What could you have done differently in that specific context to get a better result?



## Art of Coaching Podcast™

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### 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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