



ART OF COACHING PODCAST™ EPISODE 294

WHY DO I FREEZE UP? HOW TO HANDLE STRESSFUL SITUATIONS LIKE A PRO

Think of a time when you've froze up. If it's never happened to you, think of a time when you've seen someone else freeze up. Using the contextual components listed below, identify the details of the situation and use the information to answer the questions on page 2.

Stakeholders: list and describe who is present

Message: the content itself; pattern of thought; configuration of ideas

Medium: the means of conveying the message (text, in person, zoom, etc.)

Code: the system of shared meaning (signs, symbols, etc.)

Noise: interference with the communicative act (distractions, jargon, etc)

Feedback: method of ascertaining whether the message was received successfully

Environment: the setting, situation, and circumstances in which the event occurs

Timing: when the event occurs: physical and in conjunction with other events

Social Agents: other parties affecting the conversation or situation

Delivery: how the message comes across; conversation style



Based on the information above, what could the potential “threat” be? What might you (or the individual who froze) be perceiving as a threat to trigger the freeze response? What did the “freeze” feel and look like?

What are the situations where you are most scared of judgement or humiliation? Within those instances, write out the worst case scenarios.

Script out 3 ways you could respond in those scenarios. Even if it’s something you wouldn’t normally do, write it out and then play out the scene with a partner. What was the result of each different response?



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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