



---

**ART OF COACHING PODCAST™ EPISODE 310:**  
**A KEY STRATEGY FOR AVOIDING MISUNDERSTANDINGS**

Describe a past interaction in which you said something and your goal was misunderstood. What was your actual goal? What was your desired outcome?

Now compare those answers to the words that came out of your mouth. How and why was your goal and/or message misunderstood?

If you could go back and have this conversation again, how would you adapt or change your approach? Write out a sample script of what you might have said differently.



---

What important conversations do you have coming up? Choose 1 personal and 1 professional conversation to strategize.

Ask yourself the following questions for each situation.

1. What is the message I want to say?
2. Why do I want to say it?
3. What is my honest goal in this interaction?
4. What is my desired result?
5. What are 3 ways it could go poorly or be misunderstood?
6. Am I being indirect or using hedging language?
7. What feedback am I using to support my approach?
8. Have I applied my words or criticisms to my own life?
9. Have I brought any solutions to the table?
10. Am I the best person to deliver the message?
11. Is it the best time to deliver the message?
12. Is this message bringing attention to me and my emotions, or is it addressing the root cause of a problem we're looking to solve?
13. Are there any viable alternatives?
14. Have I made my message as simple as possible?



## 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](mailto:info@artofcoaching.com)**



---

# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)