



---

**ART OF COACHING PODCAST™ EPISODE 312:**  
**REPAIRING A STRAINED RELATIONSHIP: WHAT TO SAY AND DO**

Think of a previous relationship you've been in where you experienced some sort of falling out that never got rectified. What was actually said, and how does that compare to the message that was actually trying to be conveyed?

Record yourself saying that message 3 different ways. Play around with the order of information, your tone, tempo, volume, and other aspects to see how you can convey that message more clearly and accurately. What aspects did you try that you liked or didn't like?

List 3 relationships you are currently in that you would like to repair or enhance. Even if they aren't currently strained, you may want to enhance or deepen them.



---

Write it all out. Without limiting yourself by trying to be clear or concise, or anything else, what is the thing you want to say in each of those relationships?

*If this is difficult, think of:*

What words describe your message?

---

What quote describes your message?

---

What is the tagline or hashtag?

---

If the person you were talking to were going to say the message, what language would they use?

---

What is the first or lasting impression you want them to have?

---

If someone were driving down the highway and saw a billboard for the message you're trying to get across, what would you want it to say? Remember, they have about 5 seconds to read and comprehend your message. Great billboards are compelling and concise.



## 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](#)