



ART OF COACHING PODCAST™ EPISODE 313:

HOW TO COMMUNICATE WITH SOMEONE WHO SHUTS DOWN OR STONEWALLS

Think of a time where you or someone you know reacted to a situation by withdrawing or closing down. Describe the relationship. Did the stonewall seem to be built over a period of time or was it brought on suddenly?

List some contextual elements at play. Is there a specific time and place that triggers the behavior? Are certain people involved? Is there a past experience or learned behavior that could be influencing their response?

What actions have been taken to try to open the lines of communication or move the situation forward? What was the result?



In [episode 240, we outline the 4 Communication Styles](#). In your own words, describe your communication style, and then match it to one of the 4. Are you mostly one style, or do you portray a mixture of behaviors?

Is there something about your communication style or the other people involved that is contributing to them shutting down?

Describe a strategy you've used in the past to decrease the chances of them shutting down. How did they respond? List 3 new strategies you could take to dampen the pressure, build trust, and build a bridge with this person toward a resolution.



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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