



ART OF COACHING PODCAST™ EPISODE 315:
HOW TO BECOME MORE ARTICULATE AND WELL - SPOKEN

Think back to the last time you were presenting to a group. Was the message received as intended? How do you know? What feedback did you gather?

Describe the difference between fluency and articulation. Using an example from your past, identify how each were used and they complimented each other.

Clarity and conciseness are often used interchangeably, or thought of as being closely related. Using the same example from the above question, describe the levels of clarity and conciseness. What adjustments could be made to improve either of these qualities?



Reflect on a situation where you were overly concise in your communication. What key information got left out? What consequences occurred because of it? Where there any benefits to your conciseness?

What disfluencies do you most commonly use? When do you notice they hurt your ability to communicate with others? When do you notice they enhance your communication?

What conversations do you have coming up that you would like to make sure you speak fluently and articulate your message well? List 3 actions you can take in your preparation to make tangible improvements in these areas.



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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