



ART OF COACHING PODCAST™ EPISODE 317:
TYSON SHUMWAY: LAW ENFORCEMENT LESSONS FOR DE-ESCALATING CONFLICT

Describe a conflict in your personal or professional life that you would like to resolve. Find a trusted partner to act out your attempt to resolve the conflict with you, so you can get practice and receive feedback before the actual interaction.

What communication styles do the other parties in the conflict use, and how can you adjust your communication to speak in a way that makes sense to their style?

Every detail of the context influences how a person might respond in any given interaction. List 3 strategies you can use to gain as much detail as possible prior to the conversation to give you a better chance at a positive outcome.



Identify and list some characteristics of your anti-hero persona. How would this anti-hero approach the conflict? How could this approach be beneficial?

Do you possess any traits or qualities that you've selectively suppressed, for whatever reason, that sometimes resurface and have a positive effect? What are they and what draws them out.

What lie or misconception have you told yourself in the past, that became a self-limiting belief you needed to overcome? How did you do it and what was the result of rising above it?



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



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