



ART OF COACHING PODCAST™ EPISODE 323:
HOW TO RESPOND WHEN SOMEONE TALKS DOWN TO YOU

Describe a situation when you have felt underestimated or devalued as a professional. What was the relationship between you and the other person? What did you perceive to be the main reason for the disrespect?

After considering the whole context, what are some other possible reasons that individual might speak to you that way?

What influence tactics have you used to change their behavior? Listen to **THIS EPISODE** if you're unsure. What was the result?



How have you tried to relate to this individual? What is the common goal you're working to achieve?

Write out your sample script that clarifies your common goal, addresses the perceived conflict, and invites the individual to find common ground.

What would the opposite version of you do? Now, write a sample script that achieves the same 3 goals, but in a different way. What are the pros and cons of each approach, and what is the best in your situation?



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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