



ART OF COACHING PODCAST™ EPISODE 324:
HOW TO GET GOOD AT SMALL TALK EVEN IF YOU HATE IT

Where in your life could engaging in small talk make a big difference? Describe the setting. Is it professional, personal, or a blend of the two? How would enhancing these relationships benefit you?

List some of the benefits of small talk. What is its larger purpose? What are its functions? What is its strategic value?

What are your drives? Check out [our episode](#) on the topic and [take the quiz](#) if you aren't sure. How could knowing this change the way you approach these conversations?



List some tips discussed in the episode for managing the cognitive load associated with these types of interactions.

What are some strategies you can use to keep these conversations from turning into idle chatter? Create a framework tailored to the scenario from your initial question to steer the conversation towards accomplishing your intended goal.

How can strategic role play increase your comfort level and improve your ability to engage in small talk? Try it! Set the scene with a partner, let the reins go, and see where you end up. Did your framework prove to be effective? If not, how can you change your approach to achieve a better outcome?



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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