



---

**ART OF COACHING PODCAST™ EPISODE 333:**  
**SKILL TRANSFER: HOW TO ENSURE WHAT YOU LEARN ISN'T GOING TO WASTE**

Describe a looming conversation or interaction that you know needs to be addressed sometime in the near future. Some examples might be a serious personal problem within your family, an issue with a coworker, or negotiating a price on a new car.

What is your goal for the interaction? What does success look like? How about failure? What is on the line?

List 3-5 known or predictable constraints that need to be accounted for as you prepare for the interaction. Remember the elements of context: environmental, relational, temporal, etc.



---

Have you ever been in a situation like this before? If you have, what did you learn about yourself that was positive? What do you need to improve on? If you haven't, what could happen that would derail what you want to accomplish?

Who can you call or meet in-person to social scrimmage with, and give you valuable role playing reps? Describe at least two different personality variations of the other party you'd like them to assume.

Map out 3-4 different ways you could approach this interaction. Try one as very assertive, another firmly on the passive side, and one or two as a combination of both. Which one comes naturally to you? What can you get from exploring this range?



## 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](mailto:info@artofcoaching.com)**



---

# Art of Coaching Podcast™



Share This With Your  
Friends!



[Share This](#)