



ART OF COACHING PODCAST™ EPISODE 339:
OVERCOMING CHALLENGES IN RELATIONSHIPS

List below some of the characteristics that make up the core of who you are. What are your drives? What is your communication style? How do you handle conflict, and conversely, how do you show support to those around you?

Has there ever been a time in your life when you compromised who you are in order to fit the mold of what you believed were someone else's expectations? What did you learn from that situation?

What steps can you take to ensure that your needs are being clearly communicated to your partner? How can you make sure you are fully receptive to THEIR needs as well?



How do you ensure that both you and your partner are growing together rather than drifting apart? What potential dangers does an asymmetry or misalignment in personal development pose, and how could you avoid this pitfall?

When a challenging or upsetting situation arises in your relationship, how do you create space for yourself to process it and release tension, ensuring it doesn't linger?

What actions can you take to be accountable to both yourself and your partner in expressing your needs and compassionately receiving theirs? How can you ensure that these interactions strengthen your relationship rather than create misunderstandings?



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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