



ART OF COACHING PODCAST™ EPISODE 349:
OVERCOMING THE “I’VE TRIED EVERYTHING” MINDSET

Think of a difficult situation you’re facing or one at an impasse. Zoom out: who else is involved, what’s your relationship, and what’s the core issue—describe it in simple terms.

List the two types of errors discussed in the episode. Reflecting on the situation you described above, consider the top 1-2 errors made—whether by you or the other person involved. What did you or they overlook that led to these errors?

Write out what each 'A' in the Triple A Approach stands for. How does this approach apply to your situation, and how can it serve as a framework for understanding issues more deeply in the future?



Consider where things stand for both of you. Is your desire to quit justified, or is it a rationalization because the situation was misdiagnosed and your first attempt failed?

What beliefs, values, and biases are you and the other person bringing into this situation? How could understanding these help you communicate more effectively and influence the outcome?

Is there anyone else you could bring into this situation, or any other indirect strategies that might help bring the other person back to the table—especially if it's been a lengthy standoff? What does true resolution look like to you, and what concessions are you willing to make?



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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