



ART OF COACHING PODCAST™ EPISODE 357:
ONE OF MY FAVORITE TOOLS FOR AVOIDING REGRETS IN CONVERSATIONS THAT MATTER

Identify 2-3 interactions you had this week that were challenging. These could have been face-to-face, over the phone, or via email. What made them difficult, and how did you respond?

What was the core message you wanted to convey in one of those interactions? Summarize it in a headline. Did you get your message across clearly, or was there room for improvement?

How did you feel during these interactions? Did emotions like self-doubt or overthinking affect how you showed up? How might those feelings have influenced the outcome?



Think of a time when someone's words stuck with you and resonated deeply. What made their message effective, and how can you apply that model to your own communication?

Reflect on a time when you avoided addressing an important issue. Why didn't you act, and what was the cost of that avoidance, for both you and the other person?

Now think of 1-2 interactions where you're proud of how you communicated. What approaches or tactics made them successful? How can you turn these strategies into consistent habits and patterns that shape your future interactions?



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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