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**ART OF COACHING PODCAST™ EPISODE 385:**  
**TIPS FOR SAYING WHAT MATTERS BEFORE IT'S TOO LATE**

Who's the first person that comes to mind when you think of unresolved conflict or lingering silence? What's the nature of your relationship, and what happened that created distance between you? Provide context below.

In the episode, Brett outlined several reasons why we default to silence. Which one—or combination—applies most to your situation? Have you made any assumptions about how the other person feels that could be off-base?

What do you respect or value most about this person? List specific traits, memories, or moments that could serve as an honest and sincere lead-in to re-opening the lines of communication.



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Let's get messy—write a draft of what you want to say. What medium will you use (call, text, voice memo, face-to-face)? Get it all out and build your approach below.

Brett mentioned the 5-year rule. Regardless of the time frame, what is the cost of never resolving this or never expressing how you truly feel?

Don't forget the voice you hear most often—your own. How can you make sure your inner dialogue reflects reality, not just criticism? In what ways can you celebrate your own growth, especially in hard moments?



## **Art of Coaching Podcast™**

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### **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™**

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