

Four Strategies for Having Crucial Conversations

Chapter 6: Reputation

Being able to skillfully navigate crucial conversations will take your coaching game, your professional collaboration, and your personal relationships to the next level.

Instead of avoiding key issues or bringing them up in a way that creates defensiveness (and, therefore, no real resolution), you'll be able to masterfully navigate situations that others can't see their way out of. You'll become the most valuable communicator in the room, in any room.

To evolve your own crucial conversation game, here are four strategies, adapted from the book.

01. Change your own motives.
02. Create a safe space.
03. Add your perspective.
04. Find the path to action.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book