

# Communicate for Influence-The Coachable Moment

## Communicate for Influence The Coachable Moment-Practical, Powerful Tips Six Practical, Powerful Communication Posts in One

Irene Becker | [www.justcoachit.com](http://www.justcoachit.com) | QBlog

*Helping smart people & organizations build their 3Q Edge™  
Smarter, Happier, Faster*

**The leader who communicates well  
succeeds well**



• **Listen** better,  
listen differently;  
master the art of  
active listening.  
You'll be surprised  
what you hear

The Coachable Moment

• **Pause.** Tame the pain. Retrain your brain and mouth to respond rather than react. Learn to circumvent the automatic fight of flight response | The Coachable Moment



• **Improve** your ability to transform difficult conversations, and get them back on track | The Coachable Moment

• **Manage** strong emotions, difficult situations/conversations by building “constructive discontent” | The Coachable Moment



- **Evolve!** USE communication challenges to build higher emotional intelligence, improve one to one and one/group life and

virtual communication skills | The Coachable Moment

- **Understand**—Do not assume or presume anything. Confirm what the other party wants to convey before you pause and respond | The Coachable Moment



- **Inspire!** Less is often More. Choose your words wisely. Seek first to listen, to understand, to learn, then speak to the heart of the matter in the language of your audience

| The Coachable Moment



## →More Communication Tips & Tools? YOU Betcha

- Are Your Ears Open?-Listening Better
- Turn Conflict Around-7 Steps
- Learning & Communication Self Test
- Use Your Voice to Inspire and Engage
- Kickstart Happiness, Leadership and Success



Irene Becker | [www.justcoachit.com](http://www.justcoachit.com) | QBlog  
*Helping smart people & organizations build  
their 3Q Edge™ Smarter, Happier, Faster*