

EPISODE 80: SPRING CLEANING FOR COMMUNICATORS

1. THE BEST COMMUNICATORS WORK HARD TO CLEAN HOUSE

- Spring training: old pros, newcomers, old pros with newcomer's mindset

2. SELECT A FOCUS AREA

- Business communication
- Personal communication
- Presentation skills

3. IDENTIFY ONE OR TWO BEHAVIORS TO IMPROVE

- Distracting mannerisms
- Body language
- Perishable skills

4. DO A REALITY CHECK

- Let your smart phone make you smarter

5. SPRING CLEANING FOR YOUR HEART, MIND, AND MOUTH

- What are you projecting from your inner self?

6. GET A COACH

- "Everyone needs a coach. It doesn't matter whether you're a basketball player, a tennis player, a gymnast, or a bridge player." *Bill Gates*

Sources mentioned in this episode:

Communication Guys Coaching: <http://www.communicationguys.com/coaching/>

[Communication Guys Episode 37: "What Every Body is Saying, Part 1" interview with former FBI agent Joe Navarro](#)

[Communication Guys Episode 38: "What Every Body is Saying, Part 2" interview with former FBI agent Joe Navarro](#)

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