

# ***Empowering Conversations***

Background, Philosophy, Methodology for John Steinberg's Empowerment Talk Show and consulting

1

Empower yourself while you empower others

2

Insights, "Aha" and "Eureka Moments" guaranteed

3

Put words on key values and strengths and strategies

4

Put words on the small actions that can lead to big results



**Your host and empowerment guide: John Steinberg, PhD**

**It is amazing how fast you will get to the next step.**

Clarify values, direction & behavior with a brief-time, strengths-based interview on John's Empowerment Talk Show. *Be My Guest.*

# Discover your big future by understanding the power of small successes.

An Empowering Talk Show (podcast, vlog, etc.) interview has four stages:

1

Discover and build upon the small things that work

2

Define values, keywords & strategies

3

Use your keywords to meet a coming challenge

4

Carryout a specific behavior to help yourself or others within 48 hours

**Go to [steinberg.se/talkshow](https://steinberg.se/talkshow) for examples**

## Suggestions for an empowering conversation:

*For children:* Ask about how they learn  
*For teenagers:* Ask when they find flow  
*For adults:* Ask about their successes  
*For everyone:* Ask about what gives them satisfaction and sense of accomplishment

# Learn the four aspects of an empowering conversation

Find out what makes other people tick. Bring out their brilliance and potential.

1

Start examples: What works? What have you learned? When are you satisfied? When do you find flow?

2

Listen. Take notes. Search for keywords and phrases that describe HOW and WHY what they did worked.

3

Summarize keywords. Ask about a new challenge and see how past strategies and keywords can help with the new challenge.

4

Define a specific next step behavior that can be carried out and followed-up within 48 hours. Summarize. Thank your conversation partner.

**Learn the art of empowering conversations.  
For online courses go to: [steinberg.teachable.com](https://steinberg.teachable.com)**

# Applications of The Empowerment Talkshow



1

Talkshow for individual empowerment, 10-30 minutes

2

Talkshow for groups: leadership teams, staff teams, board of directors, etc., 50 minutes

3

Talkshow interviews with authors, musicians, actors, presenters, entrepreneurs, and other creators of books, courses, products and companies.

4

Workshops on how to do empowering interviews and conduct coaching conversations - or even start your own Talk Show.

[steinberg.se/talkshow](http://steinberg.se/talkshow) [john\(at\)steinberg.se](mailto:john(at)steinberg.se)

# The origins John Steinberg empowering conversations

Values Clarification, Brief-time strength-based counseling, and John's forty years of experience doing strength-based interviews with children and adults including on radio and TV. Empowering others is John's life theme, purpose, and key value.

**Zoom or Live: Be my guest -  
Empower yourself and others.**



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