

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 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**

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 [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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